

Citizens Police Academy
Begins Sept. 17 - Page 17

Quincy Choral Society
Set For New Season - Page 22



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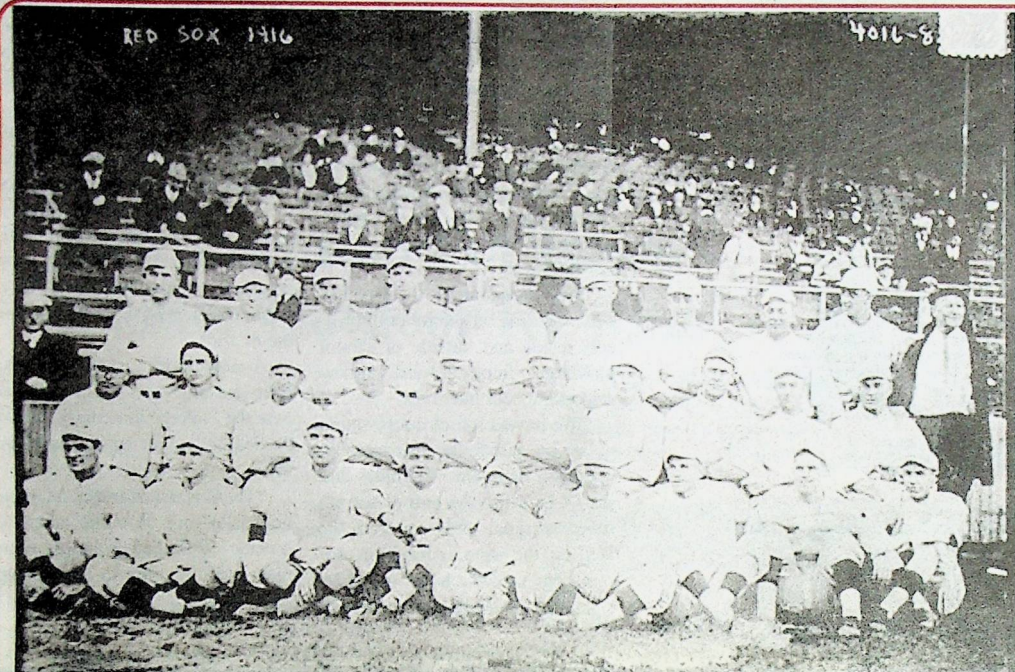
Quincy's Hometown Weekly Newspaper Since 1968



VOL. 56 No. 50

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VINTAGE PHOTO of the 1916 Boston Red Sox that won the World Series. William Glennon - the team's mascot - is sitting in the front row center. To his right (reader's left) is future Hall of Famer Babe Ruth. William is related to Sean Glennon of Squantum who shares a story about his first cousin below.

Photos Courtesy Sean Glennon

Cousin Remembers William 'Billy' Glennon: Red Sox Mascot For Early World Series Titles

Quincy resident (and loyal Sun subscriber) Sean P. Glennon recently learned that he is related to a former mascot of the Boston Red Sox.

Sean's first cousin (twice removed) William "Billy" / "Red" / "Lefty" Glennon, was named official mascot of the Boston Red Sox in 1915 when William was about 14 years old. This was back in the day when team mascots served as ball boys, errand boys, and good luck charms, and were not the costumed characters that they are today.

In his appointment letter to young William, Red Sox

team president/owner Joseph Lannin said he hoped that the team would play its way to success the coming season as a result of its mascot. Sure enough, the Red Sox won the World Series in 1915 AND 1916 with William on the diamond.

Cont'd On Page 18



IN THIS PHOTO from the 1916 World Series, William Glennon (left) is shaking hands with the mascot of the Brooklyn Robins (now the Brooklyn Dodgers).



SEAN GLENNON with his son, Robert, age 13.

School Bells Ring Sept. 4 Grades 1-9

Sept. 5 For Grades 10-12

By SCOTT JACKSON

The students of the Quincy Public Schools - some 10,200 of them in all - will begin making their way back into the classroom on Wednesday, Sept. 4, as the new school year commences.

The first day of school for students in grades 1-9 is Wednesday, Sept. 4. Students in grades 10-12 will head back to the classroom

**Superintendent's
Back-to-School
Message
Page 13**

the following day, Thursday, Sept. 5. Orientation for pre-kindergarten and kindergarten students is Friday, Sept. 6, and their first day of school is Monday, Sept. 9.

The school district will
Cont'd On Page 2

State Primary Tuesday, Sept. 3

By SCOTT JACKSON

Voters in Quincy and across Massachusetts will head to the polls Tuesday, Sept. 3, to cast ballots in the state primary election. Approximately one-third of Quincy voters are expected to cast ballots in the primary.

Polls will be open from 7 a.m. to 8 p.m. next Tuesday.

In-person early voting for the primary is currently underway. It began this past Saturday and will continue through Friday. In Quincy, early voting is taking place in the Great Hall on the second floor of the Mc-

Intyre Government Center (Historic City Hall) at 1305 Hancock St. from 8:30 a.m. to 4:30 p.m. daily.

The deadline to request a mail-in ballot passed on Monday. Voters can return their ballots by mail using the provided envelope, which does not require the voter to pay for postage. Quincy voters can also use the ballot drop-box located outside City Hall at 1305 Hancock St. in Quincy Center, or return their ballot in-person to the election office on the second floor

Cont'd On Page 4

Early Deadline For Next Week's Sun

Due to the Labor Day holiday Monday, Sept. 2, there is an early deadline for next week's issue of The Quincy Sun. The deadline for news, legal notices and advertising for the Sept. 5th edition is Friday, Aug. 30th at noon.

The Quincy Sun will be closed on Monday, Sept. 2nd in observance of Labor Day. The Sept. 5th paper will be circulated Wednesday, Sept. 4th.

More Quincy news:

The Quincy Sun.com



New Location For Quincy Center Ice Rink - Page 3
September Children's Activities At Library - Page 4
Council On Aging September Events - Page 11



QUINCY PUBLIC SCHOOLS

2024-2025 SCHOOL YEAR CALENDAR

APPROVED 4.10.2024

September 2024

S	M	T	W	T	F	S
1	H	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sept. 2: Labor Day Observed
Sept. 3: First day for Professional Staff
Sept. 4: First day of school, Grades 1-9
Sept. 5: First day of school, Gr. 10-12
Sept. 6: Kindergarten & Pre-K Orientation
Sept. 9: First day of school, K & Pre-K
Sept. 4, 11, 18, 25: PK-5 Early Release
Sept. 11, 25: Gr. 6-8 Early Release
Sept. 11: Gr. 9-12 & LEAP Early Release

October 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	H	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Oct. 2, 9, 16, 23, 30: PK-5 Early Release
Oct. 9, 23: Gr. 6-8 Early Release
Oct. 9: Gr. 9-12 & LEAP Early Release
Oct. 14: Columbus Day Observed - No School

November 2024

S	M	T	W	T	F	S
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10	H	12	13	14	15	16
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24	25	26	27	H	V	30

Nov. 6, 13, 20, 27: PK-5 Early Release
Nov. 5: Election Day - No School
Nov. 11: Veteran's Day Observed - No School
Nov. 13, 27: Gr. 6-8 Early Release
Nov. 13, 27: Gr. 9-12 & LEAP Early Release
Nov. 28 & 29: Thanksgiving Recess - No School

December 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	V	V	H	V	V	28
29	V	V				

Dec. 4, 11, 18: PK-5 Early Release
Dec. 11: Gr. 6-8 Early Release
Dec. 11: Gr. 9-12 & LEAP Early Release
Dec. 21-Jan. 1: Winter Recess - No School
Dec. 25: Christmas Day Observed

January 2025

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19	H	21	22	23	24	25
26	27	28	29	30	31	

Jan. 1: New Year's Day Observed - No School
Jan. 8, 15, 22, 29: PK-5 Early Release
Jan. 8, 22: Gr. 6-8 Early Release
Jan. 8, 22: Gr. 9-12 & LEAP Early Release
Jan. 29: Dr. Martin Luther King, Jr. Birthday Observed - No School

February 2025

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23	24	25	26	27	28	

Feb. 5, 12, 26: PK-5 Early Release
Feb. 12, 26: Gr. 6-8 Early Release
Feb. 12: Gr. 9-12 & LEAP Early Release
Feb. 15-Feb. 23: February Recess - No School

March 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30	31					

Mar. 5, 12, 19, 26: PK-5 Early Release
Mar. 12, 26: Gr. 6-8 Early Release
Mar. 12: Gr. 9-12 & LEAP Early Release

April 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	H	V	V	V	V	26
27	28	29	30			

Apr. 2, 9, 16, 30: PK-Gr. 5 Early Release
Apr. 9, 30: Gr. 6-8 Early Release
Apr. 9: Gr. 9-12 & LEAP Early Release
Apr. 18: Good Friday Observed - No School
Apr. 19-Apr. 27: April Recess - No School

May 2025

S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	H	27	28	29	30	31

May 7, 14, 21, 28: PK-5 Early Release
May 14, 28: Gr. 6-8 Early Release
May 14: Gr. 9-12 & LEAP Early Release
May 26: Memorial Day - No School

June 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	H	20	21
22	23	24	25	26	27	28
29	30					

June 2: Last Day of School for High School Seniors (Day 168)
June 4, 11, 18: PK-5 Early Release
June 9: QHS Graduation
June 10: NQHS Graduation
June 11: Gr. 6-8 Early Release
June 19: Juneteenth Observed

Major Religious & Cultural Holidays The dates below are recognized as important days in the lives of students and families. When these fall on scheduled school days, QPS Staff members will strive to avoid scheduling deadlines for long-term assignments, assessments, field trips, auditions, events, or athletic competitions.
October 2 (sundown)-4 Rosh Hashanah • October 11 (sundown)-12 Yom Kippur • November 1 Diwali • December 25 (sundown) Hanukkah Begins • December 25 Christmas • December 26 Kwanzaa Begins • January 6 Three Kings Day • January 29 Lunar New Year • February 28 (sundown) Ramadan Begins • March 14 Holi • March 29 (sundown)-30 Eid al-Fitr • April 12 (sundown) Passover Begins • April 20 Easter

If there are no school cancellations for weather or other emergencies:
June 18: Last Day of School for Students (Day 180)
(Early Release for Elementary & Middle Schools)
June 20: Last Day for Professional Staff (Day 183)
Please note that all cancelled school days must be made up and the last day of school may be adjusted by one or more days.
Last Day of School for Students June 20
Last Day for Professional Staff June 23
1 cancelled day June 23
2 cancelled days June 24
3 cancelled days June 25
4 cancelled days June 26
5 cancelled days June 27

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**Elementary School Bus Routes
Were Not Available For This Issue
- They Will Appear Sept. 5th Issue -**

School Bells Ring Sept. 4 Grades 1-9

Cont'd From Page 1

welcome 50 new educators this year, many of whom will work at the new Dr. Rick DeCristofaro Learning Center, which opened its doors for programming over the summer and will welcome students at the start of the school year. Kerri Connolly, formerly the team administrator of the Amelio Della Chiesa Early Childhood Center, will serve as the principal of the new building.

Over the summer, the city has been working on a number of projects inside and outside of school buildings, Supt. Kevin Mulvey said in a recent interview.

"We have a ton of construction going on across the district with regard to maintenance upgrades and stuff," he said. "As part of the accelerated repair program from the MSBA, the state is funding roof replacements which are going on right now for Wollaston and Mont-

clair, which is good. We're preparing for a new boiler system at Parker for next year, but the planning is going on now; we did get approval from the MSBA for that replacement to happen next summer."

"Snug Harbor is getting all new floor tiles," he added. "Point Webster has gotten a renovation of their auditorium and their library. Those are the big projects this year, and then we have the typical painting and ceiling tile replacement, that sort of thing throughout the district."

A new traffic island has also been installed on Billings Road near the Parker Elementary School to help alleviate traffic concerns there.

"There is a new traffic island to help take care of traffic concerns outside of Parker. It looks pretty nice and it's going to have plants

Cont'd On Page 13

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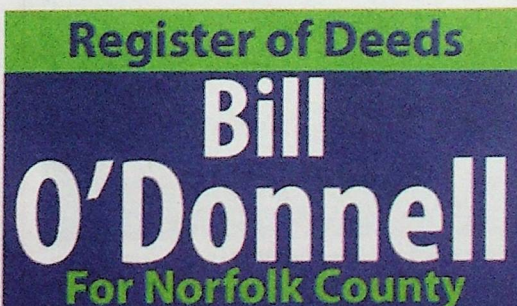
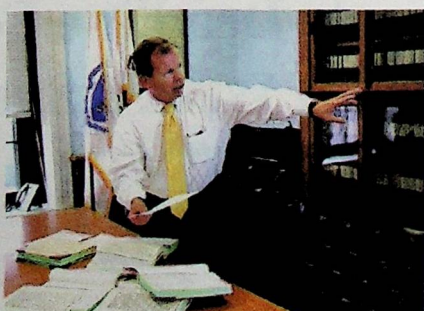
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- Initiated Community Outreach Program that brings local office hours and information to the 28 Norfolk County communities
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QHS Students Build New Dock At Squantum YC

Learn-To-Sail Programs For Youths, Adults

By SCOTT JACKSON

A group of carpentry students from Quincy High School helped build a new dock for the Squantum Yacht Club that was installed earlier this year.

The students began working on the 32-foot by 32-foot dock in January and it was installed in May. Nancy Meltzer, a science teacher at the high school and sailing instructor at the yacht club, helped organize the project with carpentry teacher Bob Burke.

"We were able to work with a local dock builder to get the plans and then the

carpentry students, myself and Bob Burke got to work on it," Meltzer said in a phone interview.

The yacht club fully funded the project, Meltzer said. The new dock was made using marine-grade, pressure-treated lumber and marine-grade steel, she said, and should last for years to come. She called the opportunity to work on such a project a unique one for the students.

"It gives them a lot of skills they can take with them when they graduate," Meltzer said.

The carpentry students

completed the dock project in conjunction with the Tiny House project they and other career and technical students worked on, Meltzer added.

"That gives them a full spectrum of experiences," she said.

The students were recognized for their effort building the new dock, Meltzer said, and some of the students who helped build it were able to utilize it. The dock is used for 420 sailboats – it has enough space to accommodate 10 of them – which are primarily used

Cont'd On Page 35



YOUNG SAILORS make final preparations on the dock at Squantum Yacht Club before hitting the water for the Lipton Cup Regatta held in July. More photos on Page 19 and Page 35.

Photo Courtesy Chris Alan

New Location For Quincy Center Outdoor Ice Rink

By SCOTT JACKSON

An outdoor ice-skating rink will be returning to Quincy Center later this year, in a different location than the one used this past winter.

The rink had been located in the area of General McConville Way this past winter, but that site will be unavailable because it is slated for redevelopment. For the coming winter, the rink will be located in a portion of the former Hancock Lot at the corner of Revere Road and Dennis Ryan Parkway, adjacent to the Kilroy Garage.

"We had a wildly successful year last year and Mayor Koch has decided to bring it back," said Dave Murphy, the city's commissioner of natural resources. "Not much is going to change but the location.

Some 29,200 skaters took to the ice on the outdoor rink this past Decem-

ber, January and February, Murphy said; half of all the participants were under the age of 19. He is optimistic the numbers would increase this year as word continues to spread.

"We had a good year last year," Murphy said. "The feedback was overwhelmingly positive."

Plans for the rink are still being finalized, Murphy said, but it should run similar to last year. He hopes to open the rink soon after Thanksgiving and keep it open through the end of February vacation. It will likely be open on a daily basis between the middle of the afternoon and the early evening; Murphy said the city wants to make sure there is the opportunity for people to use the ice during the daytime.

Like it was this past winter, there will be no charge to skate on the rink. Murphy

said that helps draw more people to the rink, and also encourages them to patronize businesses in the downtown.

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'Sing Out Strong: Voting As Freedom' Concert Sept. 15

"Sing Out Strong: VOTING AS FREEDOM", concert presented by White Snake Projects and Milton Community Concerts will be held Sunday, Sept. 15 at 3 p.m., at First Parish of Milton, 535 Canton Ave.

Admission is: PAY AS YOU CAN, with suggested donation \$25 general/\$15 senior/Free for 18 and under.

Songs with texts from students, immigrants, and other local community members in response to: "What do voting and freedom mean to you?" Those featured include singers Aurora Martin and Chihiro

Asano, pianist Jamie Lorusso, and speaker/host Cerrise Lim Jacobs, founder of White Snake Projects.

A portion of the ticket sales/donations will go to support the Movement Voter Fund.

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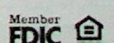
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Moments in time

THE HISTORY CHANNEL

• On Sept. 9, 2021, Tom Brady became the first player in NFL history to start 300 regular season games as he guided the Tampa Bay Buccaneers to an opening day 31-29 win at home over the Dallas Cowboys.

• On Sept. 10, 1813, U.S. Captain Oliver Hazard Perry led a fleet of nine American ships to victory over a squadron of six British warships at the Battle of Lake Erie during the War of 1812, in the first unqualified defeat of a British naval squadron in history.

• On Sept. 11, 1941, Charles Lindbergh's Des Moines speech, which advocated a position of nonintervention and was met with outrage in many quarters, accused the British, Jews and FDR's administration of pressing for war with Germany.

• On Sept. 12, 1977, Steve Biko, a strong anti-apartheid activist and founder of the Black Consciousness Movement in South Africa, was killed in an African prison while in police custody. Two decades later, five former police officers confessed to the murder and applied to the Truth and Reconciliation Commission for amnesty, but their request was denied in 1999.

• On Sept. 13, 1926, the Post Office Department sent a memo to its 25,000 railway mail clerks containing an order to shoot to kill any bandits attempting to rob the mail, following an ever-increasing number of thefts. They also issued a statement saying that if the robberies continued, the Marines would be again called in to protect the mail.

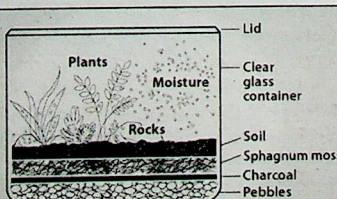
• On Sept. 14, 1741, George Frideric Handel completed his oratorio "Messiah," which was originally an Easter offering. Mesmerizing audiences ever since its first performance in Dublin, Ireland's Musick Hall the following April, it remains a beloved feature of the Christmas season more than two centuries later.

• On Sept. 15, 1830, William Huskisson, a British statesman, financier and member of Parliament, was run over and fatally injured by Robert Stephenson's pioneering locomotive Rocket. Though he's commonly known as the world's first widely reported railway passenger casualty, the actual first such death had occurred nine years earlier.

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The Garden Bug Make a terrarium

A terrarium is an enclosed, clear container with plants growing inside. Once the plants are gently watered then enclosed, a mini-environment is created. Moisture is transpired through the leaves, condenses on the inside of the container, then flows back to the soil. Begonias, ferns, Swedish ivy and pothos do well in terrariums. - Brenda Weaver



Source: www.thegardenbug.com

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September Children's Events, Activities At Crane Library

By JULIE RINES
Children's Coordinator
Thomas Crane Public Library

The following events and activities for children are scheduled during the month of September at the Thomas Crane Public Library.

Music and Movement with Miss Rubi ages 0-2

We invite our youngest patrons ages 0-2 to join Miss Rubi from 10:30 - 11 a.m. on Saturday, Sept. 7th for a Music and Movement program especially designed for them. This session will feature baby bounces, tickles, wiggles, finger plays and nursery rhymes with parent participation.

This programs are especially for children ages 0-2 accompanied by an adult.

Due to overcrowding tickets are now required for this program. Free tickets will be available at the Children's desk beginning at 10:00 am.

Music and Movement with Miss Rubi ages 3-6

We invite Miss Rubi's fans ages 3-6 to join us on Saturday, Sept. 7th from 11:15 - 11:45 a.m. for a Music and Movement program full of large scale movements, rhythm clapping, finger plays and nursery rhymes including early literacy and music activities. Parent participation highly encouraged.

So put on your favorite dancing shoes and join us for this lively mix of music and movement. Please bring a stuffie along with you to join the fun.

This program is especially for children ages 3-6 accompanied by an adult.

Due to overcrowding tickets are now required for this program. Free tickets will be available at the Children's desk beginning at 10:45 a.m.

Bear Craft @North Quincy ages 2-5

Children ages 2 and older accompanied by an adult are invited to join us at the North Quincy Library on Saturday, Sept. 7th at 10 a.m. to celebrate SeptemBear by making a bear visor.

Arabic Storytime @Adams Shore ages 0-7

The Library is pleased to be working with dedicated community members to offer a monthly storytime in Arabic.

Join us on Monday, Sept. 9th at 6:15 p.m. at the Adams Shore library for this program which will be conducted primarily in Arabic with the intention of helping young Arabic language learners to improve their skills. This program is suitable for children up to age 7.

Art in the Evening @ North Quincy Ages 2-5

Kids and their grownups are invited to join us for "Art in the Evening" at 6 p.m. on Tuesday, Sept. 10th at the North Quincy Library for the first in a series of new monthly art programs.

This month we'll be making sidewalk chalk art. This program is for adults and children together. All grownups must be accompanied by a child.

In case of inclement weather we will move indoors and make chalk art on paper.

Teddy Bear Craft for ages 5+

September is Bear month so come to the library on Wednesday, Sept. 11th anytime between 2:30 and 4 p.m. to make a Paper Bag Bear Puppet and learn some facts about Bears.

This project is for school age children, 5 and older, because it is very detailed and requires cutting out numerous small parts.

Cont'd On Page 14

State Primary Tuesday, Sept. 3

Cont'd From Page 1

of the glass City Hall annex building. Ballots can also be brought to the city's in-person early voting locations while they are open for early voting.

For the primary, ballots must be received by election officials no later than 8 p.m. on Tuesday, Sept. 3, in order to be counted. Ballots received after the deadline, even if postmarked on or before Sept. 3, will not be counted.

Residents also have the option of voting absentee. Absentee ballots can be cast in-person at the election office inside City Hall from 8:30 to 4:30 p.m. on weekdays. Absentee balloting ends at 5 p.m. on Friday.

The deadline to register to vote in the primary was this past Saturday. As of Aug. 19, there were 65,655 registered voters in Quincy. That total includes 18,410 registered Democrats, 4,195 registered Republicans, 197 registered Libertarians, and 42,356 unenrolled voters, meaning they are not members of any political party.

City Clerk Nicole Crispo anticipates 30 to 35 percent of the city's registered voters will cast ballots by the time polls close on Sept. 3. That estimate is based in part on turnout the past two state primaries; the turnout in Quincy was 15 percent in 2022 and 33 percent in 2020. The latter election included county races with Quincy residents running against each other.

The presence of two

Quincy city councillors on the ballot in this year's primary should help drive up turnout, Crispo said.

"I'm sure it will pique people's interest," she said.

The Democratic, Republican and Libertarian parties are all holding primaries on Sept. 3, though there are no Libertarians on the ballot in Quincy. As in past primaries, unenrolled voters may cast a ballot in any of the three primaries.

The Republican ballot features a three-person race to be the party's nominee for US Senate in November. The candidates in that race are Robert Antonellis of Medford, Quincy City Councillor Ian Cain, and John Deaton of Swansea.

On the Democratic ballot, incumbent US Senator Elizabeth Warren of Cambridge is unopposed in the primary.

The Republican primary also features a three-person race for the House seat representing the eighth district, which includes all of Quincy. The candidates in that contest are Robert Burke of Dedham, James Govatsos of Walpole, and Daniel Kelly of Boston.

On the Democratic side, incumbent US Rep. Stephen Lynch of Boston is unopposed in the primary.

The Democratic ballot in Quincy includes contested races for Governor's Council, Norfolk County clerk of courts, and Norfolk County register of deeds. No Republicans are on the ballots for those three seats.

In the race to represent the fourth district on the Governor's Council, incumbent Christopher Iannella Jr. of Boston is facing challenges from Stacey Borden of Boston and Ronald Iacobucci of Quincy.

In the clerk of courts contest, Robert Jubinville and Walter Timilty, both of Milton, are vying for an open seat. Timilty's father, Walter Jr., is the current clerk of courts.

In the register of deeds race, incumbent William O'Donnell of Norwood is facing a challenge from Quincy City Councillor Noel DiBona.

The four members of Quincy's delegation on Beacon Hill, all Democrats, are seeking reelection this fall. They are Sen. John Keenan of the Norfolk-Plymouth District, Rep. Bruce Ayers of the First Norfolk District, Rep. Tackey Chan of the Second Norfolk District, and Rep. Ronald Mariano of the Third Norfolk District. Each is unopposed in the primary.

On the Republican side, Sharon Cintolo of Quincy is running unopposed in the primary in the Second Norfolk District. No Republicans are running for the other three seats.

Also unopposed in the Democratic primary are incumbent county commissioners Joseph Shea of Quincy and Richard Staiti of Canton. There are no Republicans running for those seats in the primary.

The winners of next

week's primary will advance to the November general election, which is headlined by the race for president.

Turnout in the November general election is likely to surpass 70 percent, Crispo said. In the last presidential election in 2020, the turnout in Quincy was 71.88 percent. Joe Biden, the Democratic nominee, polled 30,615 votes in Quincy four years ago while Donald Trump, the Republican incumbent, polled 14,283.

This November's election will see Vice President Kamala Harris atop the Democratic ticket after President Joe Biden withdrew from the race. Harris chose Minnesota Gov. Tim Walz as her running mate.

Trump secured the Republican nomination after besting Nikki Haley in the Republican primaries earlier this year. Trump selected JD Vance, an Ohio senator, to be his running mate in this year's election.

Two weeks of in-person early voting will take place ahead of the Nov. 5 general election, starting on Saturday, Oct. 19, and running through Friday, Nov. 1, from 8:30 p.m. to 4:30 p.m. each day. Crispo noted the first weekend of early voting will take place inside Central Middle School at 875 Hancock St. this October rather than North Quincy High School because the latter will be building unavailable that weekend. Early voting will take place at City Hall on the remaining days.

Scenes From Yesterday



Dance Hall, Houghs Neck, Quincy, Mass.

THIS 1913 postcard is a view of Moore's Summer Ball Room near the end of Sea Street in Hough's Neck. Peterson's Grocery Store was on the left and the roof of the old hotel on what is now Fensmere Street can be seen in the background, to the left of the ballroom sign. Cottages on Great Hill can be seen on the right. The soft drink company Moxie helped businesses across

America pay for their signs as long as the name Moxie was a prominent part of it. This large ballroom was a popular summer tourist attraction for many years; it later became known as Taylor's Ballroom and Bowling Alley and then it became DiMarzio's Roller Skating Rink. Today there are residential condominiums along here. *From the Tom Galvin Postcard Collection*

READERS FORUM - MORE ON PAGE 23

Help Foster Conditions For A Free Palestine

(A copy of the following letter was submitted to The Quincy Sun for publication.)

Open Email to the Quincy City Council and Mayor Koch
CC: City of Quincy Community Liason Damion Outar
August 16, 2024

Dear City Councillors and Mayor Koch,

We hope that you had a restorative and productive summer recess so far. Unfortunately, for Palestinians in Gaza and the West Bank, this has been a horrifically violent, deadly, and brutal summer of suffering, which has been made possible with continued U.S. funding and military support to Israel.

In the past week (as of the writing of this on August 16th), Israel's military has

- Bombed a school sheltering refugees in Gaza during morning prayers, killing over 100 and blowing their bodies into pieces that were unrecognizable;
- Killed newborn twins and their mother and grandmother in a targeted attack on their home in Gaza while the father was out getting birth certificates;
- Supported civilians who violently stormed the holy Al Aqsa Mosque in the West Bank
- Beaten up a 7 year old boy in the West Bank;
- And committed many other war crimes in order to advance its genocidal goals.

In the past week, despite Israel's war crimes and genocide, the U.S. has

- Approved and released \$3.5 billion of additional military aid for Israel;
- Approved \$20 billion of weapons sales to Israel;
- Started sending U.S. military personnel to the region in anticipation of a wider regional war;
- And done much more to aid and abet Israel's war crimes and genocidal goals.

The U.S. claims it is helping Israel to "defend itself," but the reality is that for over 76 years, Israel has been committing a slow genocide with U.S. help. Israel has used civilian massacres, ethnic cleansing, illegal occupation and settlements, apartheid, and more in order to build and expand its ethno-nationalist state on land stolen from Palestinians.

For the past 10 months, Israel has been ramping up its genocide of the Palestinian people. Israel's leaders, including Benjamin Netanyahu before Congress on July 24th, now speak openly about "finishing the job." Israel carpet bombs civilians; tortures prisoners; intentionally withholds food, electricity, internet, medical care, education; and visits much more horror in Gaza, all with the aid of the U.S. In the West Bank, Israel's government, military, and right wing settlers have also become increasingly repressive and violent in their efforts to expand their illegal occupation in that part of Palestine.

The U.S. is breaking its own policies regarding arms transfers and export decisions. Section 4 of the U.S. Con-

ventional Arms Transfer (CAT) policy states that "no arms transfer will be authorized where the United States assesses that...it is more likely than not that the arms will be used by the recipient to commit "genocide; crimes against humanity...including attacks intentionally directed against civilian objects or civilians protected as such; or other serious violations of international humanitarian or human rights law".

A wide consensus has been reached amongst human rights organizations, international agencies, and genocide experts that Israel is committing genocide. As elected officials, it is your duty to call on our government to stop aiding and abetting an active genocide being made possible by our U.S. taxes. Pro-Palestinian, anti-genocide activist groups are no longer asking elected officials to simply call for a ceasefire and increased humanitarian aid; we are now asking elected officials to demand a U.S. arms embargo on Israel; to divest from Israeli products, services, and investments; and to sanction Israel in whatever ways it can.

We also want to make Quincy's elected officials aware that those who support Israel's genocide have become increasingly aggressive in their efforts to silence those of us who are speaking out. One of the ways that they are becoming more aggressive is by going to various cities and towns in Massachusetts and Rhode Island in organized groups to harass, threaten, and even physically assault citizens who are exercising their right to peacefully call for a ceasefire in Gaza and an end to U.S. military support for Israel.

Quincy for Palestine has been holding stand outs every Saturday morning since February. On July 13th and August 3rd we were targeted by two of these groups, "God Bless America and Israel" (GBAI) and "Rhode Island Coalition for Israel" (RICI). These groups both endanger community members' safety and infringe on our First Amendment rights to free speech and peaceable assembly.

We hope to have a more productive dialogue with you moving forward about how we as a city that stands for liberty, freedom, and dignity for all can work together to help end U.S. support for the genocide in Gaza and to help foster conditions for a free Palestine.

Sincerely,

Sue Doherty, George Hallack, Charisma Henderson,
Joe Herosy and Shivpreet Singh,
on behalf of Quincy for a Free Palestine

Wants MBTA Bus Barn Turned Into Homeless Shelter

Hi, I'm Kenji and I'm 8 years old. I want the bus barn (the old one on Hancock Street) to be turned into a place for the homeless when it shuts down.

Kenji Shiga
Wollaston

Quincy's Yesterdays

This Week
1979
45 Years Ago

Petition, Letter Drive Underway To Get Work For Shipyard

The South Shore Chamber of Commerce spearheaded a petition and letter drive urgently asking President Carter and the Navy to direct new work to General Dynamics' Quincy Shipyard at Fore River.

The petitions circulated on behalf of Local 5 Shipbuilding Union cite the threat of "massive layoffs" at the shipyard unless new contracts are landed.

They ask Carter and James Woolsey, acting secretary of the Navy, to "direct Navy work to the shipyard at the earliest possible date."

The Chamber also asked the 832 Southeastern Massachusetts firms who do business with the shipyard and the 159 communities whose residents are employed there to contact Carter requesting help for the Quincy yard.

The Chamber took the action at a meeting of its Board of Directors after being briefed on the yard's dire situation by Cong. Brian Donnelly.

The shipyard was working on the last three ships of a 10-ship LNG (liquefied natural gas) tanker contract, expected to be completed next year, with no other work in sight. Local 5 claimed layoffs of many of the 5,000 workers would begin this fall and the yard could be closed by next August if the Navy can't come up with work soon.

All those firms doing business with the yard, employing an estimated 40,000 to 45,000 persons, would also be hurt if the yard goes under, Donnelly and Local 5 warned.

EAST-WEST CONNECTOR LOOMS AGAIN IN DEVELOPMENT PLANS

A controversial East-West Connector across Hancock Street, which was rejected by Quincy Center merchants last year, loomed more and more important in plans for revitalizing downtown Quincy.

Mayor Arthur Tobin said Stephen Weiner of Letherbee Co., Cambridge, proposed developer of the John Hancock Parking Area, is also interested in tying together both sides of Hancock Street.

Weiner, he said, is putting together a package that includes possibly a 150,000-square-foot department store and the soon-to-be-vacant Sears Roebuck building for presentation to the City Council in six months.

Tobin indicated he felt that downtown merchants who were adamant against plans for an East-West Connector a year ago may revise their objections when they see the new plan.

"One of the arguments against it was that it would displace too many small businesses," the mayor said. "Now with Sears leaving for the South Shore Plaza we will have more flexibility in our plans."

QUINCYISMS

Tennessee Sen. Howard Baker, a candidate for the Republican nomination for President, spoke at a luncheon of the South Shore Chamber of Commerce. . . The third rail between Quincy Center and South Braintree was electrified, packing a lethal 600-volt current, the MBTA warned. The line was tentatively scheduled to open for public use late 1979 or early 1980. . . Old Colony Bank advertised a six-month CD with a rate of 9.645 percent (minimum deposit \$10,000). . . Work Shop Camera, 159 Hancock St., North Quincy, offer introduction to photography classes beginning Sept. 11 and Sept. 13. . . **James Lydon** was named to the \$26,790 post of director of the Department of Planning and Community Development. The 29-year-old Lydon was acting director since the resignation of **Walter J. Hanon** in April. . . **Jennifer Seaman** of Merrymount was accepted to begin the Massachusetts College of Arts four-year bachelor of arts program this September. . . **Cong. Brian Donnelly** was "outraged and appalled" by the federal government's plan to sell 1.5 million barrels of home heating oil and kerosene to Iran this winter. "We cannot afford to export one drop of home heating oil if we are to be properly prepared to meet the severe demands of a New England winter," Donnelly said in telegrams to **Juanita Kreps**, secretary of Commerce and **Charles Duncan**, secretary of Energy. . . Wendy's Old Fashioned Hamburgers was opening a new location at 520 Southern Artery and advertised for part-time positions. . . **Judge Albert Kramer**, presiding justice of Quincy District Court, was in Washington, D.C. to receive an international award for his programs combating alcohol and drug problems. The judge was chosen to receive the William H. Burnett Memorial Award from the Alcohol and Drugs Problem Association of North America. . . Coast Guard Boatswain's Mate 2nd Class **Kenneth M. Pratt** of Squantum was promoted to his present rank while serving at the Coast Guard Air Station, Detroit. . . **Baron Hugo's** orchestra and the well-known Riccatones were set to entertain outside the Quincy Sun during the Jerry Lewis Muscular Dystrophy Telethon.

Survey: Over Half Of Respondents Never Plan To Buy A Fully Electric Car

Most consumers either want electric vehicles in the next decade or not at all, finds a new survey from AAA Northeast. Fifty-five

percent of respondents say they never plan to buy a fully electric vehicle, while 37% of respondents either already own one or predict

they'll buy one by 2035. Only 8% think they'll buy one, but in 2036 or later – the timeframe when many states will implement regu-

lations prohibiting the sale of new gas-powered vehicles.

The survey results also highlight needed improve-

ments in the public charging network. Prospective buyers are looking for more chargers, particularly for long-distance travel; faster

speeds; and safer charging environments. And many drivers used to gas-powered cars simply aren't confident in their ability to operate an electric vehicle.

"Auto manufacturers hoping to boost EV sales over the next decade have reason for optimism," said Mark Schieldrop, Senior Spokesperson, AAA Northeast. "But industry stakeholders seeking a complete long-term transition to electric face serious obstacles – especially from consumers who have no desire to make the switch."

The 1,749 survey respondents consisted of a random sample of AAA Northeast members ages 18+ who reside in Connecticut, Massachusetts, New Jersey, New York, and Rhode Island – a region of the country with above-average market share of electric vehicles.

Other findings of the survey include:

Public charging

Consumers don't want public charging to take much longer than filling up at a gas station – but that's not the experience of EV owners today: Among respondents who currently own EVs and use public chargers, the majority take at least 30 minutes to charge. But even among respondents who predict they'll buy an EV at some point in the future, nearly two thirds want public charging to take the same amount of time as pumping gas (22 percent) or are willing to take 10 additional minutes longer than filling up (43 percent). Among respondents who say they never plan to buy an EV, 81 percent say they wouldn't be willing to wait any longer than the amount of time it takes to pump gas.

Travel-related public charging is more popular than neighborhood chargers: The public charging locations that generated the most interest were hotels and highway rest stops, followed by parking garages/street parking. Charging stations around the neighborhood – at shopping centers, gas stations, grocery stores, and public parks – generated less excitement, but each location had some respondents who said they definitely wanted to charge there.

Safety may be an overlooked concern at charging stations...: The amenities that respondents said were most important to have at charging stations were security cameras and lighting, followed by coverage from weather elements – not food or drink or a place to shop. Charging stations might feel safe during the day at a bus-

Cont'd On Page 7

CITY OF QUINCY

昆士市政府 - 麻州初選通告

市府書記辦公室

2024年8月1日

昆士市政府謹此通知市內選民，各民主黨，共和黨和自由黨的黨員在你所屬的選區，及所指定的以下投票站於：

星期二, 2024年9月3日

請行使你的權力，為下列各黨派候選人作出投票：

聯邦參議員；聯邦眾議員—第十區；州長議會—諾福和普令茅斯區；麻州參議員—諾福和普令茅斯區；麻州眾議員—諾福郡第一區；第二區和第三區；諾契約登記官—諾福郡；福郡郡長（兩席）；諾福郡地區法院書記

投票服務由早上七點開始，直到晚八點結束。投票站地點已指定如下

- WARD 1 第一選區, PRECINCT 1 (第一投票站) - BROAD MEADOWS 學校, 50 CALVIN ROAD
- WARD 1 第一選區, PRECINCT 2 (第二投票站) - SNUG HARBOR 學校, 333 PALMER STREET
- WARD 1 第一選區, PRECINCT 3 (第三投票站) - THOMAS CRANE 圖書館會議室, 40 WASHINGTON STREET
- WARD 1 第一選區, PRECINCT 4 (第四投票站) - MERRY MOUNT 學校, 4 AGAWAM ROAD
- WARD 1 第一選區, PRECINCT 5 (第五投票站) - SAINT THOMAS AQUINAS HALL 禮堂, 40 DARROW STREET
- WARD 2 第二選區, PRECINCT 1 (第一投票站) - FORE RIVER CLUB HOUSE 社區中心, 16 NEVADA ROAD
- WARD 2 第二選區, PRECINCT 2 (第二投票站) - CLIFFORD MARSHALL 學校, 200 MOODY STREET (體育館)
- WARD 2 第二選區, PRECINCT 3 (第三投票站) - POINT WEBSTER 學校, 60 LANCASTER STREET
- WARD 2 第二選區, PRECINCT 4 (第四投票站) - SAINT JOHN'S CHURCH 教堂, 44 SCHOOL STREET
- WARD 2 第二選區, PRECINCT 5 (第五投票站) - SAINT JOHN'S CHURCH 教堂, 44 SCHOOL STREET
- WARD 3 第三選區, PRECINCT 1 (第一投票站) - BERNAZZANI 學校, 701 FURNACE BROOK PARKWAY
- WARD 3 第三選區, PRECINCT 2 (第二投票站) - WOLLASTON 學校, 205 BEALE STREET
- WARD 3 第三選區, PRECINCT 3 (第三投票站) - MONTCLAIR 學校, 8 BELMONT STREET
- WARD 3 第三選區, PRECINCT 4 (第四投票站) - WOLLASTON 學校, 205 BEALE STREET
- WARD 3 第三選區, PRECINCT 5 (第五投票站) - MONTCLAIR 學校, 8 BELMONT STREET
- WARD 4 第四選區, PRECINCT 1 (第一投票站) - SOUTH WEST MIDDLE 學校, 444 GRANITE STREET
- WARD 4 第四選區, PRECINCT 2 (第二投票站) - QUINCY LODGE OF ELKS 鄰里會所, 254 QUARRY STREET
- WARD 4 第四選區, PRECINCT 3 (第三投票站) - QUINCY LODGE OF ELKS 鄰里會所, 254 QUARRY STREET
- WARD 4 第四選區, PRECINCT 4 (第四投票站) - LINCOLN-HANCOCK COMMUNITY 學校, WATER STREET ENTRANCE
- WARD 4 第四選區, PRECINCT 5 (第五投票站) - SOUTH WEST MIDDLE 學校, 444 GRANITE STREET (體育館)
- WARD 5 第五選區, PRECINCT 1 (第一投票站) - LINCOLN-HANCOCK COMMUNITY 學校, WATER STREET ENTRANCE
- WARD 5 第五選區, PRECINCT 1A (第一 A 投票站) - POINT WEBSTER 學校, 60 LANCASTER STREET
- WARD 5 第五選區, PRECINCT 2 (第二投票站) - CENTRAL MIDDLE 學校, 875 HANCOCK STREET
- WARD 5 第五選區, PRECINCT 3 (第三投票站) - ADAMS ACADEMY 學校, 8 ADAMS STREET (由 DIMMOCK STREET 進入)
- WARD 5 第五選區, PRECINCT 4 (第四投票站) - BEECHWOOD KNOLL 學校, 225 FENNO STREET
- WARD 5 第五選區, PRECINCT 5 (第五投票站) - BEECHWOOD KNOLL 學校, 225 FENNO STREET
- WARD 6 第六選區, PRECINCT 1 (第一投票站) - NORTH QUINCY HIGH 昆士北高中, HUNT STREET
- WARD 6 第六選區, PRECINCT 2 (第二投票站) - NORTH QUINCY HIGH 昆士北高中, HUNT STREET
- WARD 6 第六選區, PRECINCT 3 (第三投票站) - KENNEDY CENTER 社區中心, 440 EAST SQUANTUM STREET
- WARD 6 第六選區, PRECINCT 4 (第四投票站) - ATLANTIC MIDDLE SCHOOL 初中, 86 HOLLIS AVENUE
- WARD 6 第六選區, PRECINCT 5 (第五投票站) - SQUANTUM SCHOOL 學校, 50 HUCKINS AVENUE

投票站由早上七點開始，直到晚八點結束。



City Clerk 市府書記 Attest - NICOLE L. CRISPO 監証

Nicole L. Crispo
NICOLE L. CRISPO
City Clerk

Survey: Over Half Of Respondents Never Plan To Buy A Fully Electric Car

Cont'd From Page 6

ting retail area, but feel less safe at night when there is little foot traffic.

...but the number of charging stations is still the biggest concern: For both EV owners and prospective buyers, the greatest public charging-related concern is the sheer number of charging stations, followed by reliability and speed.

"Public charging needs to approximate the convenience of gas stations if electric vehicle boosters want to convince interested consumers to take the plunge - to say nothing of the passionate holdouts," Schieldrop said. "Though EV owners tend to do most of their charging at home if they can, buyers want to feel assured that their car can handle road trips just as easily as daily routines."

While the charging process won't be as fast as gassing up anytime in the near future, the private sector can make sure the process is as speedy as possible by keeping all chargers in working order, adding sufficient chargers so that drivers don't have to wait long for an available plug, and continuing to improve the

charging speed that vehicles can handle.

Purchase decision

Many consumers aren't confident in their ability to operate an EV: Nearly a third of non-EV owners said they were not confident at all (24 percent) or only

slightly confident (8 percent) in their ability to drive an EV tomorrow, suggesting that taking a test drive at a ride-and-drive event could help consumers overcome trepidation. People who know EV owners are generally more confident (48 per-

cent completely confident) than people who don't (28 percent completely confident), though it's less clear whether knowing an EV owner increases confidence or whether EV skeptics are also less likely to know an EV owner.

Fully electric vehicles are more beloved - and more disliked - than plug-ins: Opinions about fully electric vehicles are stronger than opinions about plug-in hybrid vehicles. There are more people who have no interest in a fully elec-

tric vehicle for their next car (61 percent) than who have no interest in plug-in hybrids (48 percent). But more people definitely plan to purchase a fully electric vehicle for their next car (11 percent) than a plug-in hybrid vehicle (6 percent).

QHS Class Of 1961 63rd Reunion Sept. 28

A 63rd reunion of the Quincy High School Class of 1961 will be held Saturday, Sept. 28 at the Tirrell Room, 254 Quarry St., Quincy. A Meet & Greet will be from 11:30 a.m. to 1 p.m., and a buffet luncheon from 1 to 3 p.m.

Those interested are asked to send a check for \$60 made out to Lois Au-Coin, 205 Linden Ponds, Unit 411, Hingham, MA 02043 by Sept. 1st.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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CITY OF QUINCY STATE PRIMARIES

City Clerk's Office



August 1, 2024

Notice is hereby given to the voters of the City of Quincy, members of the DEMOCRATIC, REPUBLICAN, AND LIBERTARIAN PARTIES to assemble at the voting places in their respective Wards and Precincts, as designated on

TUESDAY, SEPTEMBER 3, 2024

Then and there to give in their votes for the nominating of candidates as follows:

SENATOR IN CONGRESS	FOR THE COMMONWEALTH
REPRESENTATIVE IN CONGRESS	10TH CONGRESSIONAL DISTRICT
GOVERNOR'S COUNCIL	NORFOLK & PLYMOUTH DISTRICTS
SENATOR IN GENERAL COURT.....	NORFOLK & PLYMOUTH DISTRICTS
REPRESENTATIVE IN GENERAL COURT	1ST, 2ND AND 3RD NORFOLK DISTRICTS
REGISTER OF DEEDS	NORFOLK COUNTY
COUNTY COMMISSIONERS (2 Seats)	NORFOLK COUNTY
CLERK OF COURTS	NORFOLK COUNTY

The polls are to be opened at seven o'clock in the morning and closed at eight o'clock in the evening.
Polling places have been designated as follows:

WARD 1, PRECINCT 1	— BROAD MEADOWS SCHOOL, 50 CALVIN ROAD
WARD 1, PRECINCT 2	— SNUG HARBOR SCHOOL, 333 PALMER STREET
WARD 1, PRECINCT 3	— THOMAS CRANE LIBRARY (MEETING ROOM), 40 WASHINGTON STREET
WARD 1, PRECINCT 4	— MERRYMOUNT SCHOOL, 4 AGAWAM ROAD
WARD 1, PRECINCT 5	— SAINT THOMAS AQUINAS HALL, 40 DARROW STREET
WARD 2, PRECINCT 1	— FORE RIVER CLUB HOUSE, 16 NEVADA ROAD
WARD 2, PRECINCT 2	— CLIFFORD MARSHALL SCHOOL, 200 MOODY STREET (GYM)
WARD 2, PRECINCT 3	— POINT WEBSTER SCHOOL, 60 LANCASTER STREET
WARD 2, PRECINCT 4	— SAINT JOHN'S CHURCH, 44 SCHOOL STREET
WARD 2, PRECINCT 5	— SAINT JOHN'S CHURCH, 44 SCHOOL STREET
WARD 3, PRECINCT 1	— BERNAZZANI SCHOOL, 701 FURNACE BROOK PARKWAY
WARD 3, PRECINCT 2	— WOLLASTON SCHOOL, 205 BEALE STREET
WARD 3, PRECINCT 3	— MONTCLAIR SCHOOL, 8 BELMONT STREET
WARD 3, PRECINCT 4	— WOLLASTON SCHOOL, 205 BEALE STREET
WARD 3, PRECINCT 5	— MONTCLAIR SCHOOL, 8 BELMONT STREET
WARD 4, PRECINCT 1	— SOUTH WEST MIDDLE SCHOOL, 444 GRANITE STREET
WARD 4, PRECINCT 2	— QUINCY LODGE OF ELKS, 254 QUARRY STREET
WARD 4, PRECINCT 3	— QUINCY LODGE OF ELKS, 254 QUARRY STREET
WARD 4, PRECINCT 4	— LINCOLN-HANCOCK COMMUNITY SCHOOL, WATER STREET ENTRANCE
WARD 4, PRECINCT 5	— SOUTH WEST MIDDLE SCHOOL, 444 GRANITE STREET (GYM)
WARD 5, PRECINCT 1	— LINCOLN-HANCOCK COMMUNITY SCHOOL, WATER STREET ENTRANCE
WARD 5, PRECINCT 1A	— POINT WEBSTER SCHOOL, 60 LANCASTER STREET
WARD 5, PRECINCT 2	— CENTRAL MIDDLE SCHOOL, 875 HANCOCK STREET
WARD 5, PRECINCT 3	— ADAMS ACADEMY, 8 ADAMS STREET (DIMMOCK STREET ENTRANCE)
WARD 5, PRECINCT 4	— BEECHWOOD KNOLL SCHOOL, 225 FENNO STREET
WARD 5, PRECINCT 5	— BEECHWOOD KNOLL SCHOOL, 225 FENNO STREET
WARD 6, PRECINCT 1	— NORTH QUINCY HIGH SCHOOL, HUNT STREET
WARD 6, PRECINCT 2	— NORTH QUINCY HIGH SCHOOL, HUNT STREET
WARD 6, PRECINCT 3	— KENNEDY CENTER, 440 E. SQUANTUM STREET
WARD 6, PRECINCT 4	— ATLANTIC MIDDLE SCHOOL, 86 HOLLIS AVENUE
WARD 6, PRECINCT 5	— SQUANTUM SCHOOL, 50 HUCKINS AVENUE

POLLS OPEN AT 7:00 A.M.

POLLS CLOSE AT 8:00 P.M.

Attest:



Nicole L. Crispo
NICOLE L. CRISPO
City Clerk

Back-To-School Tips From Better Business Bureau

By PAULA FLEMING
Better Business Bureau
Buying new supplies and clothes is not enough as your children return to school this year. You also should be thinking about how to help them stay safe online and avoid being easy targets for online scammers.

Parents: Be careful
Creating accounts on websites without permission: Social media sites are ripe with strangers with intentions that may be quite different than yours. Many sites are designed to collect and sell unauthorized user details and behaviors to

advertisers seeking targeted marketing. When creating an account, some kids may falsely create a birthdate to meet the minimum age requirement. Know what your child is doing online, and keep track of the social media sites and accounts to which they have access.

Contests and giveaways: Contests and giveaways often collect a hefty amount of personal information on their entry forms. Many are thinly disguised ways of collecting personal or financial information that could lead to identity theft. Ensure your child doesn't

have access to banking or credit card information, and supervise the filling out of any forms.

Phishing: Adults are not the only ones who receive spam and junk mail. Kids often get junk mail, and since they don't have much online experience, they are

more susceptible to clicking on links and answering questions they probably shouldn't. While some emails may be legitimate, the last thing parents want, or need, is a \$500 bill from a fraudulent website where a purchase may have been made- or worse, giving up personal information that can be tracked back to your home.

Understand apps. Short for "applications," apps are downloaded software that operates on various devices, such as smartphones. However, certain apps might collect and share personal information about your child or target your child with ads. Even free apps may include paid features, and children may not understand that some apps or game features cost money since they were labeled free to download. They may click on these so-called free games and cost parents or guardians a hefty bill at the end of the month.

File sharing sites: Many websites allow children to download free media. A child may not realize that these sites often come with the risk of downloading a virus, allowing identity thieves to access the gaming device, personal computer, or cell phone that's being used. From there, the cyberthief can track financial transactions, and physical location, or even tap into the household wifi without anyone knowing it.

Tips on how to manage online privacy for the family:

Know about the Children's Advertising Review Unit (CARU). CARU's self-regulatory program provides detailed guidance to children's advertisers on how to deal sensitively and honestly with children's issues. These guidelines go beyond the issues of truthfulness and accuracy to consider the uniquely impressionable and vulnerable child audience.

Know about COPPA. The Children's Online Privacy Protection Act protects the personal information of children under 13 on websites and online services—including apps. COPPA requires those sites and services to notify parents and get their approval before they collect, use or disclose a child's personal information. However, if your nine-year-old tells Instagram they are 13 (the age requirement to use the app), this law won't protect them.

Know about FOSI. The Family Online Safety Institute brings an international perspective to our online lives' potential risks, harms, and rewards. The Good

CITY OF QUINCY

BẦU CỬ SƠ BỘ CẤP TIỂU BANG

Văn Phòng Thư Ký Thành Phố



Ngày 1 tháng 8, năm 2024

Thông báo cho các cử tri của thành phố Quincy, các thành viên của ĐẢNG DÂN CHỦ, ĐẢNG CỘNG HÒA, và TỰ DO tập trung tại các địa điểm bỏ phiếu trong Phường và Khu vực tương ứng của họ như được thông báo vào ngày:

THỨ BA, NGÀY 5 THÁNG 9, NĂM 2024

Cung cấp lá phiếu cho các ứng cử sau đây:

THƯỢNG NGHỊ SĨ QUỐC HỘI	LIÊN BANG
DÂN BIỂU ĐẠI DIỆN QUỐC HỘI	QUẬN QUỐC HỘI 10
HỘI ĐỒNG THÔNG ĐỐC	HUYỆN NORFOLK
HỘI ĐỒNG THÔNG ĐỐC	HUYỆN PLYMOUTH
THƯỢNG NGHỊ SĨ TÒA SƠ THẨM	HUYỆN NORFOLK
THƯỢNG NGHỊ SĨ TÒA SƠ THẨM	HUYỆN PLYMOUTH
ĐẠI BIỂU TÒA SƠ THẨM	HUYỆN 1 NORFOLK
ĐẠI BIỂU TÒA SƠ THẨM	HUYỆN 2 NORFOLK
ĐẠI BIỂU TÒA SƠ THẨM	HUYỆN 3 NORFOLK
SỐ ĐĂNG KÝ CHỨNG THƯ	QUẬN NORFOLK
ỦY VIÊN QUẬN (2 CHỖ)	QUẬN COUNTY
THƯ KÝ TÒA ÁN	QUẬN COUNTY

Thời gian bỏ phiếu bắt đầu lúc 7 giờ sáng và kết thúc lúc 8 giờ tối.

Địa điểm được chỉ định như sau:

WARD (PHƯỜNG) 1, PRECINCT (ĐƠN VỊ) 1 - BROAD MEADOWS SCHOOL, 50 CALVIN ROAD
WARD (PHƯỜNG) 1, PRECINCT (ĐƠN VỊ) 2 - SNUG HARBOR SCHOOL, 333 PALMER STREET
WARD (PHƯỜNG) 1, PRECINCT (ĐƠN VỊ) 3 - THOMAS CRANE LIBRARY (MEETING ROOM), 40 WASHINGTON STREET
WARD (PHƯỜNG) 1, PRECINCT (ĐƠN VỊ) 4 - MERRYMOUNT SCHOOL, 4 AGAWAM ROAD
WARD (PHƯỜNG) 1, PRECINCT (ĐƠN VỊ) 5 - SAINT THOMAS AQUINAS HALL, 40 DARROW STREET
WARD (PHƯỜNG) 2, PRECINCT (ĐƠN VỊ) 1 - FORE RIVER CLUB HOUSE, 16 NEVADA ROAD
WARD (PHƯỜNG) 2, PRECINCT (ĐƠN VỊ) 2 - CLIFFORD MARSHALL SCHOOL, 200 MOODY STREET (GYM)
WARD (PHƯỜNG) 2, PRECINCT (ĐƠN VỊ) 3 - POINT WEBSTER SCHOOL, 60 LANCASTER STREET
WARD (PHƯỜNG) 2, PRECINCT (ĐƠN VỊ) 4 - SAINT JOHN'S CHURCH, 44 SCHOOL STREET
WARD (PHƯỜNG) 2, PRECINCT (ĐƠN VỊ) 5 - SAINT JOHN'S CHURCH, 44 SCHOOL STREET
WARD (PHƯỜNG) 3, PRECINCT (ĐƠN VỊ) 1 - BERNAZZANI SCHOOL, 701 FURNACE BROOK PARKWAY
WARD (PHƯỜNG) 3, PRECINCT (ĐƠN VỊ) 2 - WOLLASTON SCHOOL, 205 BEALE STREET
WARD (PHƯỜNG) 3, PRECINCT (ĐƠN VỊ) 3 - MONTCLAIR SCHOOL, 8 BELMONT STREET
WARD (PHƯỜNG) 3, PRECINCT (ĐƠN VỊ) 4 - WOLLASTON SCHOOL, 205 BEALE STREET
WARD (PHƯỜNG) 3, PRECINCT (ĐƠN VỊ) 5 - MONTCLAIR SCHOOL, 8 BELMONT STREET
WARD (PHƯỜNG) 4, PRECINCT (ĐƠN VỊ) 1 - SOUTH WEST MIDDLE SCHOOL, 444 GRANITE STREET
WARD (PHƯỜNG) 4, PRECINCT (ĐƠN VỊ) 2 - QUINCY LODGE OF ELKS, 254 QUARRY STREET
WARD (PHƯỜNG) 4, PRECINCT (ĐƠN VỊ) 3 - QUINCY LODGE OF ELKS, 254 QUARRY STREET
WARD (PHƯỜNG) 4, PRECINCT (ĐƠN VỊ) 4 - LINCOLN-HANCOCK COMMUNITY SCHOOL, WATER STREET (CÔNG VÀO)
WARD (PHƯỜNG) 4, PRECINCT (ĐƠN VỊ) 5 - SOUTH WEST MIDDLE SCHOOL, 444 GRANITE STREET (GYM)
WARD (PHƯỜNG) 5, PRECINCT (ĐƠN VỊ) 1 - LINCOLN-HANCOCK COMMUNITY SCHOOL, WATER STREET (CÔNG VÀO)
WARD (PHƯỜNG) 5, PRECINCT (ĐƠN VỊ) 1A - POINT WEBSTER SCHOOL, 60 LANCASTER STREET
WARD (PHƯỜNG) 5, PRECINCT (ĐƠN VỊ) 2 - CENTRAL MIDDLE SCHOOL, 875 HANCOCK STREET
WARD (PHƯỜNG) 5, PRECINCT (ĐƠN VỊ) 3 - ADAMS ACADEMY, 8 ADAMS STREET (DIMMOCK STREET - CÔNG VÀO)
WARD (PHƯỜNG) 5, PRECINCT (ĐƠN VỊ) 4 - BEECHWOOD KNOLL SCHOOL, 225 FENNO STREET
WARD (PHƯỜNG) 5, PRECINCT (ĐƠN VỊ) 5 - BEECHWOOD KNOLL SCHOOL, 225 FENNO STREET
WARD (PHƯỜNG) 6, PRECINCT (ĐƠN VỊ) 1 - NORTH QUINCY HIGH SCHOOL, HUNT STREET
WARD (PHƯỜNG) 6, PRECINCT (ĐƠN VỊ) 2 - NORTH QUINCY HIGH SCHOOL, HUNT STREET
WARD (PHƯỜNG) 6, PRECINCT (ĐƠN VỊ) 3 - KENNEDY CENTER, 440 E. SQUANTUM STREET
WARD (PHƯỜNG) 6, PRECINCT (ĐƠN VỊ) 4 - ATLANTIC MIDDLE SCHOOL, 86 HOLLIS AVENUE
WARD (PHƯỜNG) 6, PRECINCT (ĐƠN VỊ) 5 - SQUANTUM SCHOOL, 50 HUCKINS AVENUE

BỎ PHIẾU BẮT ĐẦU - 7:00 A.M.

BỎ PHIẾU KẾT THÚC - 8:00 P.M.

Chứng Nhận:



Nicole L. Crispo
NICOLE L. CRISPO
Thư Ký Thành Phố

Social Security Matters

Ask Rusty - Retiree Asks About His Social Security

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I retired with a (gross) \$4,600 per month Civil Service Retirement System (CSRS) annuity from the US Postal Service in December 2022. I am 66 and will attain full retirement age in November of this year. I know at that point I will not be subject to the "earnings" test, but I will be affected by the dreaded "government offset." I have earned enough quarters and will be eligible for a small Social Security benefit. First question: will my Social Security benefit just be reduced, or will it be eliminated? Second: will it make a difference if I apply in November or when I turn 70? I am currently working part-time and paying Social Security FICA taxes. Third: if my SS is being eliminated, do I even have to apply? Fourth and last: I am married, filing jointly and my wife is currently receiving SS benefits (only). Could I also be affected by the "windfall" provision if my wife predeceased me?

Thank you in advance for your service as a Social Security Advisor.

Signed: Upset to Offset and Downfall to Windfall

Dear Upset: You are correct that when you reach your full retirement age (FRA) in November you will no longer be subject to Social Security's "earnings test," which limits how much you can earn while collecting early benefits. But if you apply for your Social Security to start in November, your SS benefits will be affected by the Windfall Elimination Provision (WEP) due to your non-covered CSRS pension (because you didn't pay into SS while earning your CSRS pension). As you may know, only those federal employees who retired under CSRS (Civil Service Retirement System) are affected by WEP; newer Federal employees who retire under the more recent FERS (Federal Employee Retirement Program) program are not affected.

Because of your CSRS pension, your Social Security benefit will be reduced, but not eliminated. The amount of reduction will be based on the number of years of non-government employment you had (where you paid into Social Security). Usually, those who have spent a lifetime earning a pension without contributing to SS, but who have a separately earned SS pension, will see their SS benefit cut approximately in half.

To answer your second question, your benefit will, indeed, continue to grow if you wait until you are age 70 to claim Social Security. Benefits taken after one's full retirement age earn "delayed retirement credits" (DRCs), which add to your final benefit amount. Your benefit will still be reduced by WEP, but your final amount will be more because you waited longer to claim.

Re your third question, your SS benefit will only be reduced (not eliminated), so it's always worthwhile to apply. Otherwise, you are forfeiting Social Security money you are entitled to.

And lastly, if your wife dies before you, your CSRS pension will also cause another provision called the Government Pension Offset (GPO) provision to apply. The GPO will reduce your surviving spouse benefits by 2/3rds of the amount of your government CSRS pension, which will likely eliminate any spousal benefit you are entitled to (except the so-called "death benefit" - which is a one-time lump sum \$255 benefit paid to a surviving spouse).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Back-To-School Tips From BBB

Cont'd From Page 8

Digital Parenting web portal is an excellent resource for families looking to educate online safety measures in the Internet age.

Read privacy policies together and understand privacy settings. Parents can have their children read the privacy policies and terms of use of any apps they want. While there might be a little grumbling that the policies "are too long" or that "it takes too much time," remind them of the importance of knowing what they are signing up for and insist that they are read. Then, learn and understand the privacy settings on each app and game.

Don't share your location. Nearly every app automatically tracks a user's location. From placing an online order for groceries or fast food to playing an online game, review the apps on all your devices to see which ones are tracking your location. Then, if it's not needed, look in the settings to see how to disable this feature. Advise a friend or family member to avoid geo-tagging their posts with their location. Why? For example, you don't want to announce the fact your family is vacationing out of state while the house sits empty. A simple review of the geo-tagged post will reveal where you are.

Use parental controls if necessary. Although the best way to keep a child's online privacy safe is to teach them to manage it themselves, it doesn't hurt to have their backs by using parental controls. Today Android, iOS, and most web browsers offer built-in features that allow parents to monitor their children's online activities, but third-party apps are also available. Research the option that works best. Follow through with the child to explain why you're monitoring their activities.

Share with care, and remember, personal information is like money. What is posted online can last a lifetime:

parents can teach children that any information they share online can easily be copied and is almost impossible to take back. Talk to them about who might see a post and how it might be perceived, and show them how anything they do online can positively or negatively impact other people. Sharing personal information can also give online thieves an idea of what login information or passwords might be used for banking or other online accounts.

Teach your kids the language of online privacy. Discover, together, the meaning of the most common terms found in privacy policies and terms of agreement: personal information, cookies, third party, license, user content, location information, log file information, monetization. Do a Google search if you don't know what they mean.

Teachers and Administrators:

Tips for students

Videoconferencing tools: Just like businesses, ensure the online software used to deliver lectures, classroom work, and other online interactions is secure. The days of Zoom bombing, phishing, and other forms of cybercriminal activity aren't over.

Evaluate and update cybersecurity plans: The sudden shutdown of in-person activities left many scrambling to change course in creating and delivering a curriculum. Now is the time for educators to develop a plan to notify students, faculty, and staff should there be a data breach or security problem once classes are back in session.

Keep a clean machine and update devices that connect to the internet: Backing up critical lesson plans, personal information, and assignments is the best defense against viruses, malware, and other online threats. The only way to do this is to stay current on the most current software to protect against them.

Tips To Help Kids Prepare Emotionally And Mentally For The Coming School Year

By Dr. ANA STANKOVIC

Chief Medical Officer,

UnitedHealthcare of New England

1. Create or Re-establish Routines: What time does the family sit down for dinner? When is homework time? What is the limit for screen time? When is "lights out" at night? What time do alarm clocks ring? The answers are important. Sticking to schedules can create consistency at home that may help your child feel more confident, secure, and stable.

2. Schedule a Well-Child Visit: Think of a well-child visit as an opportunity to understand your child's health needs better. Pediatricians can assess your child's physical & emotional health before school starts, setting them up for success for the rest of the year. It's also a great time to complete their school's physical forms and to get current on immunizations. Ask your child's doctor about what's driving their physical development, such as diet, exercise, and sleeping habits. Not sure what to ask? UnitedHealthcare of-

fers a printable preventive care checklist.

3. Discuss Mental Health: Bringing up mental health can show your child that it's okay to start those conversations and that they always have a support network they can rely on. If they do talk about being scared or nervous, validate their feelings. Help them feel secure and let them know it's possible to feel better. These can be sensitive topics for your child, so empathy, openness, and patience can go a long way in helping them feel heard and optimistic that they'll be OK. Focus on your child's overall disposition - not just what they're saying - and watch for warning signs of issues, such as persistent sadness, sudden mood changes, or sleep problems.

4. Help Develop Independence at Home: For younger kids entering preschool or kindergarten, encourage your child to dress themselves, use the bathroom without assistance, wash their hands, and put on their shoes. Your child should know how to wipe their face after lunch and blow their nose without assistance. They should also be comfortable asking an adult for help when needed.

Bake Sale At Chowdafest To Benefit School Program

The Houghs Neck Congregational Church will sponsor the bake sale at the Chowdafest Saturday, Sept. 14 from 2 to 6 p.m. at the public landing, Bay View Avenue to benefit the McKinney-Vento Homeless Assistance Program in the Quincy Public Schools.

This valuable program helps children in our school system who are homeless or are in transition. From their brochure: Individuals who are eligible to receive these services include children and youth who:

- Do not have a permanent home.
- Live in motels, hotels, scattered sites, trailer parks or campgrounds.
- Live in cars, parks, public places, abandoned buildings, or similar settings.
- Share the housing of other persons due to the loss of housing, economic hardship, or a similar reason.
- Are considered an un-

accompanied youth not in the physical custody of a parent or guardian.

Some of the ways this program assists students could be gift cards for groceries and clothing, personal items/toiletries, school supplies, bedding supplies, athletic gear, dues and fees, yearbooks, prom packages, graduation expenses, and

much more.

Among the services provided include meals and referrals to food stability programs, transportation to their school of origin, tutoring, mentoring, school supplies, fees for athletics and field trips, clothing, and much more.

How can you help? Come to the Chowdafest

and make a financial donation at the Bake Sale Table. Do you like to bake? Bake cookies or brownies or bars to donate to the table. Package the cookies 6 to a bag and the brownies or bars 4 to a bag. Set up that day begins at noon; there's some availability to pick up items that morning (call 617-669-6349).

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☐ 1 YEAR OUTSIDE QUINCY	\$50.00	☐ CHECK ENCLOSED
☐ 1 YEAR OUT OF STATE	\$60.00	

125 Youth Participate In Quincy's Summer Youthworks Program

This summer, 125 youth participated in Quincy's Summer Youthworks Program funded by Commonwealth Corporation and facilitated by MassHire South Shore and Quincy Public Schools. YouthWorks is a state-funded youth employment program that helps teens and young adults get the skills and experience needed to find and keep jobs.

"This program makes a difference in the lives of these youths. It begins their journey in the workforce," said Executive Director Ron Iacobucci.

Participants received 15 hours of soft skills training and then worked at paid internships across 31 locations throughout the City of Quincy including the South Shore YMCA, Fratelli's Bakery, G&L Labs, 101 Art Studio, The Common Market and The Quincy Chamber of Commerce.

Additionally, 30 students took advantage of Quincy's Summer YouthWorks Institute, earning college credits, while attending Quincy College.

"Thank you to all of the local partners and the staff that allowed this program to



SUMMER YOUTHWORKS participants recognized for "Performance Excellence" along with their supervisors. From left to right: Vanessa Pierre, Antonio Tenaglia, Chris Benson, Andy Li, Spencer Li, Ron Iacobucci (Executive Director of MassHire South Shore), Deb LaFavre (Youth Program Supervisor at the MassHire South Shore Career Center), Shauna Foran, Kristen McCarthy, Jerliana Rodriguez -Davis, Kristin Kopp, Derek Ferguson, Jesse Pan, Raphael Jean-Baptiste, Tedsen Pierre, and Mike McNeice.

be a success and congratulations to this cohort for completion of the program," said Iacobucci.



Real Estate

Quincy Real Estate Transactions August 19 - August 23

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Meraly Rivera
Thomas Folan & Eileen Cadogan
Doctor Connect LLC
Sabato Depasquale
Matthew Perry
Clistenes Menezes-Odell
Jason Cole
Kathryn Diehl, John McKenna,
Eileen Reardon & Mary Dailey
Janese Free & Thomas Newell
Donna Sbardella & Nary Murano
US Bank National Association
Arunas & Johanna Simkus
Talia Favale
Quincy Ave Realty Partners LLC

BUYER

Shukui Guan & Hongqin Wang
Xiaohai Lin
Xhensila Pango
Matthew Caminiti
Holbrook Gracia
Dylan Banh
Victoria & Gerald McGuigan

Roland & Elda Cenomeri
Joseph, Jane & Paul Wilder
Theresa McDonald & Michael Flannery
Cheryl Rogier
Ian Monzo
Maureen Taggart
Zhenqiang Su

AMOUNT

\$355,000
\$1,020,000
\$368,000
\$640,000
\$550,000
\$370,000
\$417,000

\$425,000
\$815,000
\$340,000
\$450,000
\$390,000
\$379,900
\$780,000

ADDRESS

230 Willard Street
94-96 Russell Street
35 Des Moines Road
69-71 Avalon Avenue
1022 Hancock Street
115 West Squantum Street
1249 Sea Street

934 Southern Artery
43 Andrews Road
200 Cove Way
15 Harrison Street
200 Cove Way
154 Sumner Street
188 Quincy Avenue

The Organizational Domain: Create Literal And Metaphorical Structure

By BARBARA GRACEFFA

As presented in my last column, home therapy is a school of design to increase happiness, boost confidence, and create calm. In her 2022 book, *Home Therapy*, Anita Yokota writes about the individual, organizational, communal, and renewal domains.

By working to address the individual domain, you identify and style a "happy place" in each room. Create areas that feeds your joys in

life — having a glass of wine and reading a murder mystery, a craft corner to pursue your painting, or maybe a workout room to clear your mind while exercising.

Yokota gives a great overview of the second sphere, the organizational domain. "Now that you have laid a strong foundation for a therapeutic home with the individual domain, it's time to put up those literal and metaphorical walls and start creating some structure."

I've written a considerable amount about downsizing and decluttering over the years and worked with enough clients in these ar-

eas to know that an organized home improves your mental health. Everyone is different with their own mental blocks to an organized home, their own organizational systems that may or may not be working for their families, and most become sentimental when it's time to let go. It's tough, no argument here.

I'm currently working with a middle-aged, never-married woman named Sophia who has lived in the same house her entire life. Her parents' "stuff" in the form of papers and photographs have lived in her attic for more than a decade.

She knows she needs something new — a new calmness in her life and has decided to sell the house and move to a condo. I'm there not only to help her pack and decide which furniture to move but to be her cheerleader (and tough-love coach, when needed) as she struggles to leave a long history behind her.

Go room by room touching all the hot spots that drive you crazy. As you do, start with a clean slate. Maybe it's your overflowing closet in the main bedroom. That clean slate means taking EVERYTHING out of the closet and deciding what can stay, be donated, or discarded like stained, worn out, or torn items. Then look for organizational sys-

tems that both maximize your storage and help you stay organized. Maybe it's a special hanger for all your scarves or a clear plastic shoe rack to hang inside the closet door (which are also great for jewelry and other small items!).

As you work from zone to zone, from room to room, look for unused spaces where a covered basket or trunk can serve as storage. Most importantly, think vertical. Hang hooks for coats or dog leashes or wall cubbies for hats or soft toys, install floating shelves or upgrade your short shelf for a much taller one and your bureau for an armoire.

Organizational tools abound for almost every nook and cranny of your

home. From flatware caddies in the kitchen drawers to make-up organizers for your bath or boudoir, keep "like things" together in open storage or labelled covered bins, canisters, or decorative boxes.

Yokota claims — and I can attest — as you maximize space, you also minimize clutter, frustration, and even a strained relationship that a messy home can bring.

Remember this mantra — when you downsize, maximize, compartmentalize, and organize, function and style unite giving you the sense of calm you seek. Of course, maintenance is mandatory! And, give yourself a break, it takes seven weeks to develop a new habit.

More coming on the last two domains — communal and renewal. As you wait, keep practicing the individual and organizational improvements. Baby steps!! Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering, home staging, home décor sewing services, and lectures at www.sec-interior.com. You can reach her at 617-921-6033.



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September Council On Aging Activities At Kennedy Center

By MARIE FERENT
Assistant Director
Quincy Elder Services

The Quincy Council on Aging announces the following events are scheduled during the month of September. The COA is located at the Kennedy Center, 440 East Squantum St., North Quincy.

Computer Classes - Grace Buscher

Tuesday Classes 1 - 2:30 p.m.
Individual Appointments Wednesday by appointment from 1-3:30 p.m.
Individual Appointment times on Thursday by appointment 9 - 11:30 a.m.
Please Call 617-376-1506 to register.
Tuesday, Sept. 3rd - iPhone/iPad class - Learning basics of how to work your iPhone and iPad.
Wednesday, Sept. 4th - Individual Appointments
Thursday, Sept. 5th - Individual Appointments
Wednesday, Sept. 11th - Individual Appointments
Thursday, Sept. 12th - Individual Appointments
Tuesday, Sept. 17th - Digital Camera - How to use your phone and tablets to take great pictures.
What to do with the pictures after you have taken them.
Wednesday, Sept. 18th - Individual Appointments
Thursday, Sept. 19th - Individual Appointments
Tuesday, Sept. 24th - Email Basics and Management - What is email and how to keep it under control.
Wednesday, Sept. 25th - Individual Appointments
Thursday, Sept. 26th - Individual Appointments

Mindfulness

Tuesday, Sept. 3rd, Tuesday, Sept. 17th, or Monday Oct. 1st at 10 A.M.
Mindfulness for Healthy Aging aims to educate and empower aging adults with practical and powerful tools that can enhance their overall health and well-being. Come and learn mindfulness skills that have been proven to enhance longevity, reduce stress, improve attention span, and reduce pain. Registration is required. Please call 617-376-1506 to register.

Scattergories

Wednesday, Sept. 4th at 11 A.M. and Tuesday, Sept. 17th at 2 P.M.
Come play the word game Scattergories! If you don't know how to play, it is quick to pick up and easy to learn. Have some fun exercising your brain and make some new friends. No registration required.

Healthy Snacks and Happy Chats

Wednesday Sept. 4th and 11th at 1 P.M.
Wednesday, Sept. 4th - Pineapple snack, Wednesday, Sept. 11th - Coconut snack at 1 p.m. Join us in making a healthy snack and chatting about recipes and nutrition! Space is limited. Registration is required. Please call 617-376-1506 to register.

Men's Discussion

Thursday, Sept. 5th at 10 A.M.
Men's discussion will meet on Thursday, Sept. 5th at 10 a.m. The guest speaker for September will be Mayor Tom Koch. Following the meeting, Christine Cugini, City of Quincy Director of Veterans Services, will be here to discuss services and programs available to veterans as well as answer any questions you may have about veteran services.

Veterans' Services

Thursday, Sept. 5th at 11 A.M.
Christine Cugini, Director of Veterans Services, City of Quincy, will be here to discuss benefits and services available to Veterans and can provide information on how to apply. Please call 617-376-1506 to register.

Benefits Specialist

Thursday, Sept. 5th and Thursday, Sept. 19th
Benefits Support Specialist Nadia Montrond from South Shore Elder Services will be at the Kennedy Center to assist members with the following services: SNAP application, Senior MassHealth Application or renewal, MassHealth questions/concerns and Community Home Care Services/Resources for seniors. Appointments are required. Appointments will be 30 minutes long. Please call 617-376-1506 to make an appointment.

Book Club

Thursday, Sept. 5th at 1:30 P.M.
The book for September will be "Hamnet" by Maggie O'Farrell.

Bracelet Making

Friday, Sept. 6th at 10 A.M.
Come join Ruth and Elizabeth for a bracelet making class! Cost is \$3 for a bracelet and all materials will be provided. Registration is required and payment is due at the time of registration.

Bingo

Monday, Sept. 9th at 1 P.M.
Join the Quincy Rotary Club/Friends of The Kennedy Center for an afternoon of Bingo and a chance to win prizes! Registration is required. Please call 617-376-1506 to register.

Allied Care Medication Management

Tuesday, Sept. 10th at 11 A.M.
Learn the proper way to handle medications, the best questions to ask your physicians and possible medication side effects. Space is limited. Please call 617-376-1506 to register.

Lunch and Learn

Wednesday, Sept. 11th at 12 Noon
Come and learn about The Bostonian Rehab and Nursing Center and all that it has to offer. Box lunches will be served and there will be a fun exercise activity. Space is limited and registration is required. Please call 617-376-1506 to register.

Women's Discussion

Thursday, Sept. 12th at 1:30 P.M.
The meeting for the September women's discussion group will be Thursday, Sept. 12th at 1:30 p.m.

Mobile Foot Care

Friday, Sept. 13th from 9 A.M. - 2 P.M.
Donna Golden, Certified Nurse Practitioner and Foot Care Specialist with Mobile Medical Foot Care will be at the Kennedy Center to provide toenail cutting services on Friday, Aug. 9th from 9 a.m. to 2 p.m. The cost is \$35 for a 20-minute appointment payable to Quincy Council on Aging on the day of appointments. Please call 617-376-1506 to schedule an appointment. Must be a Kennedy Center member to make appointment.

Card Making

Friday, Sept. 13th at 2 P.M.
Carrie from My Friends Call Me Martha will be here to teach a greeting card-making workshop. No prior crafting experience is necessary, and you will learn to stamp the sentiment on each project and assemble the different pieces to make beautiful greeting cards! The class is \$5 per person and includes all supplies. You will make 3 greeting cards. Space is limited. Payment is due at the time of registration.

Family Hearing Center

Monday, Sept. 16th
Family Hearing Center will be at the Kennedy Center to do hearing screenings on the third Monday of every month. Please call 617-376-1506 to make an appointment.

Quincy's Memory Café Hosted by Standish Village at the Kennedy Center

Monday, Sept. 16th at 12 Noon
Brought to you by Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present. Please call 617-376-1243 to register for the café or with any questions.

Acrylics Class

Tuesday, Sept. 17th at 1 P.M.
Join acrylics teacher Karen Kelley for an acrylics class. No painting experience required. All supplies are provided. Space is limited. \$18 includes all supplies. Payment is due at the time of registration.

Arthroscopic Surgery: What You Need To Know

Wednesday, Sept. 18th at 10 A.M.
Orthopedic surgeon and sports medicine specialist at Beth Israel Deaconess Medical Center and Beth Israel Deaconess Milton David Magit, MD, will discuss this common orthopedic procedure and how it is used to diagnose and treat joint problems pertaining to the knee, shoulder and elbow. Dr. Magit will also discuss the benefits of arthroscopy and how it can be used to diagnose and treat injuries such as meniscus tears and rotator cuff tears. Please call 617-376-1023 to register. Space is limited.

Community Police Safety Session

Wednesday, Sept. 18th at 1 P.M.
Sergeant Flaherty from the Quincy Police Department will be here to discuss safety concerns and give tips and ideas about keeping yourself safe. Please call 617-376-1506 to register.

Birthday Party

Wednesday, Sept. 18th at 1:30 P.M.
You are invited to a birthday celebration (all are welcome)! At Hamel-Lydon Chapel, we also believe in the celebration of life. So come join us for cake and ice cream if it is your birthday! And even if it is not, come and join us for our celebration! Registration is required. Please call 617-376-1506 to reserve your spot.

Monthly Bereavement Support Group

Thursday, Sept. 19th at 1 P.M.
All are welcome. This is a monthly group that provides a space for sharing and support for those who are grieving the loss of a loved one. Michelle Lydon facilitates the group. Sponsored by Hamel-Lydon Chapel. Please call 617-376-1506 to register.

Creative Writing Six Weeks

Thursday Sept. 19th
Beginner class at 1 P.M.
Returning students at 2 P.M.

Whether you haven't written a word, have poems stashed in your desk drawer, or you want to tell the stories of your life, join us! In this six-week series, we will explore techniques to jump start your creativity using memoir, poetry, fiction, essays, and opinion pieces. Notebooks and pens will be supplied, but bring your own if you prefer. The cost is \$20 for the six-week session. Payment is due at time of registration. Space is limited.

Trivia

Friday, Sept. 20th at 11 A.M.
Come play trivia and test your knowledge! Have some fun with friends and a chance to win a prize! No registration is required.

Guangzhou Association of Boston

Cross Cultural Performance
Friday, Sept. 20th at 1 P.M.
Seize the opportunity to experience a one-of-a-kind, cross-cultural performance! The singing and dancing troupe from the Guangzhou Association of Boston will perform for you traditional Chinese and Western songs, Tai Chi sword demonstrations, Sway Mambo Line Dance, Qi Pao dance and more. Registration is required. Please call 617-376-1506 to register.

Jimmy Buffett Luncheon

Wednesday, Sept. 25th at 12:30 P.M.
Grab your best tropical attire and accessories and join us for a Jimmy Buffett themed luncheon. Bill Reidy will be here to perform all your favorite Jimmy Buffett songs and lunch will be served. Please call 617-376-1506 to reserve your spot.

Alzheimer's Support Group

Wednesday, Sept. 25th at 1 P.M.
The Alzheimer's Support group meets on the fourth Wednesday of the month at 1 p.m. For more information about the group, please call Marge Donaher at 617-376-1243.

Rock Painting

Friday, Sept. 27th at 2 P.M.
Come join us in the Art room and paint a rock with your own unique design! Paint supplies provided. Registration

Cont'd On Page 12

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More Quincy news:

The Quincy Sun.com

September Council On Aging Activities At Kennedy Center

Cont'd From Page 11

is required. Please call 617-376-1506 to register.

Stress First Aid

Monday, Sept. 30th at 10 A.M.

Learn how Stress First Aid (SFA) can help you to manage your stress and support others experiencing stress in a new way. Attending this 1.5-hour training and learn how to improve recovery from stress reactions, both in self and those in your lives. The goal of SFA is to identify stress reactions to help reduce the likelihood that stress outcomes develop into more severe or long-term problems. This training is offered by Tufts Medical Center's Debbie Lyn Topmey, MSN, RN, Injury Prevention Professional. Space is limited and registration is required. Please call 617-376-1506 to register.

Fore River Clubhouse Classes at 16 Nevada Rd.

Mondays at 10:30 a.m. - Exercise with Karen
Mondays at 12 noon - Tai Chi with Vince
Tuesdays at 10 a.m. - Board game morning
Wednesdays at 1 p.m. - Yoga with Karen
Wednesdays, and Fridays from 9 a.m. - 12 noon - Pickleball on the outdoor courts - All levels welcome.
Fridays at 10 a.m. - Low Vision Support Group and Singalong

Sign ups begin Sept. 3rd for the following trips:

A Tribute to Robin Williams

Thursday, Oct. 17th

\$117 per person

Your fun-filled day will include a family style, home cooked chicken meal with all of the fixing's and more at Wright's Farm Restaurant in Burrillville, Rhode Island. Lunch will be hearty, juicy, home cooked chicken, baked in a slow oven until it falls off the bone, pasta with marinara sauce, fresh baked rolls, signature French fries and salad topped with the family's unique dressing recipe and dessert. You will also have time to check out the gift shop too! Next, prepare to laugh as Roger Kabler entertains you as the iconic Robin Williams! Robin Williams was known for his improv skills and the wide variety of characters he created on the spur of the moment and portrayed in film, in dramas and comedies alike, he is regarded as one of the greatest comedians of all time. Roger Kapler is THE premier Robin Williams impersonator in the world. He not only looks like Robin but acts like, sounds like, and has the same joy of performing that made Robin Williams the beloved, iconic comedian that he was. All of this is brought together in the ultimate Robin Williams tribute. A wild, crazy, off the wall rollercoaster ride of all the memorable routines and improvisation that made up a Robin Williams comedy show! The price is \$117 per person. Checks only made payable to QCOA. Bus departs Squantum Point Park at 10:30 a.m.

Please arrive by 10:15 a.m. Bus will return to Squantum Point Park at approximately 4:30 p.m. Must be a Kennedy Center member.

Elisabeth von Trapp

Danversport Yacht Club

Thursday, Nov. 7th - \$127 per person

Join us for a special performance by the one and only Elisabeth von Trapp. Granddaughter to Maria von Trapp, it is a privilege to have this performer from such an iconic and loved family. Enjoy a delicious lunch first at the scenic Danversport Yacht Club located right on the water. Meal choices are Roasted chicken with bread stuffing or fresh baked haddock with buttered breadcrumbs.

After lunch, get taken to a place of pure joy and happiness as Elisabeth takes the stage. A magic happens whenever Elisabeth von Trapp walks into a room and being to perform - something rarely seen and distinctly her own. Whether it is her ancestral connections steeped in her family name or her own experience as a conveyer of life's experiences, both in song and words, Elisabeth's concerts are part music/part inspiration. Included in her repertoire will be songs from "The Sounds of Music."

This afternoon will be a day to cherish and enjoy. Price is \$127 per person. Checks only made payable to QCOA. Bus departs from Squantum Point Park at 10:30 a.m. and returns at approximately 4 p.m. Must be a Kennedy Center member.



Free College

For eligible Massachusetts residents.

If you're age 25 or older and thinking about starting - or returning to - college, the new **Free College program** makes it easy. It funds your tuition and fees and also provides assistance for books and supplies. And Quincy College makes it convenient.

We offer dozens of Associate's degree and certificate programs... you can take classes online or in person... and our top-notch faculty will deliver the education and training necessary to prepare you for the job you want.

There's never been a better time to experience the value of a Quincy College education.

Let's get to work.

Do you qualify?

Admissions

admissions@quincycollege.edu
(617) 984-1710



QUINCY COLLEGE

Welcome Back-To-School Message From QPS Supt. Kevin Mulvey

Dear Parents and Guardians of Quincy Public Schools Students:

Welcome back for the start of the 2024-2025 school year! Quincy Public Schools staff members are busy with preparations for the new school year at all school sites and here at the Coddington Building. Principals and their office staff members are ready to assist with registration, transfers, and any other concerns. Our elementary schools are ready to welcome the QPS Class of 2037 with over 700 new Kindergarten students. This fall, we are also welcoming students from Pre-Kindergarten to Grade 8 to the new Dr. Rick DeCristofaro Learning Center.

During the development of this year's budget, Mayor Koch and the School Committee collaborated with the Superintendent's Leadership and Principal Teams to prioritize maintaining class sizes within the range of School Committee guide-

lines through the creation of additional academic classroom and support positions. New professional staff members will participate in a two-day orientation on August 28 and 29, including meeting with the Mayor, School Committee, and members of the Superintendent's Leadership and Principal Teams to learn about their professional responsibilities, the many programs and services offered by Quincy Public Schools, and the mentoring program for new staff.

The dedicated professional staff of the Quincy Public Schools is looking forward to a year filled with a variety of learning experiences and accomplishments for your students. Students from all grade levels participated in Summer Extended Educational programs that provided academic and enrichment opportunities and employment through the Quincy Summer Youth-Works Program.

To assist with continuing needs for upgraded educational technology, installations of new computers and educational software are ongoing throughout the school system. Our partners in the Quincy School-Community Partnership continue to support our students' educational opportunities through sponsoring the robotics program for Grades 5-12, donating backpacks and school supplies for students and staff, and providing real-world experiences for high school Career Vocational Technical Education students. At all levels, extended day opportunities will be available "beyond the bell" for academic enrichment, the arts, and athletics.

Our school buildings will be ready for the new school year, with the Public Buildings Maintenance staff completing improvements such as installing new floors, carpeting, and ceiling tiles; repainting classrooms; and repairs to building mechi-

icals. Custodians across the school system have worked all summer to prepare classrooms and offices for the new school year. As always, we are grateful for the support of the Park Department in maintaining and improving the landscaping at our school buildings.

As the new school year begins, please remember that the most meaningful factor in assisting students to have a successful school experience is the participation of their parents and guardians. In order to help your children attain their goals, we need your involvement, whether it be through attending parent-teacher conferences and school events, volunteering in your child's school, and most importantly, reinforcing the importance of on-time school attendance, appropriate behavior and class participation, and completion of schoolwork. You can also stay informed about your child's school and all

of Quincy Public Schools through our website quincypublicschools.com or by following us on Facebook or Instagram. Updates on school programs and initiatives will be presented at upcoming School Committee meetings, the first of which will be held on Wednesday, Sept. 11 at 6:30 p.m. in the Coddington Building and broadcast on QATV Channel 22 and livestreamed on qatv.org.

While you enjoy the last few days of summer vacation, please note the calendar for the opening days of school below. Your principal will be happy to answer any questions you might have related to the opening of school or feel free to contact my office at 617-984-8701.

- The first day of school for Grades 1-9 is Wednesday, Sept. 4.
- Grades 10-12 will begin school on Thursday, Sept. 5.
- Pre-Kindergarten and Kindergarten students will



KEVIN MULVEY
Superintendent
Quincy Public Schools

attend an Orientation at their individual schools on Friday, Sept. 6; each family will receive information on orientation from their child's school.

• The first day of school for Kindergarten and Pre-Kindergarten is Monday, Sept. 9.

On behalf of all of the staff at the Quincy Public Schools, best wishes for a successful school year to you and your family.

Sincerely,
Kevin W. Mulvey, J.D.
Superintendent of
Schools

School Bells Ring Sept. 4 Grades 1-9

Cont'd From Page 2

and everything else. That's going on through the city," Mulvey said.

"It's actually starting at Faxon Road going all the way up to Felton Road just before the business district, so it's going to be pretty long, going all the way up the center of Billings Road. So basically, starting in front of Parker and going all the way up to the beginning of the business district in North Quincy. In the mornings there it has been congested, we've been getting some complaints with regard to drop off and that sort of thing. How they're redoing it with a traffic island will hopefully eliminate a lot of those concerns."

Though the school year begins next month, the Quincy Public Schools offered 18 different programs this summer. More than 1,700 students attended summer programs, Mulvey said, adding he was grateful for the 300 staff members — including teachers, paraprofessionals, nurses, custodians, food service staff and administrators — who helped make those programs possible.

About 10,200 students were enrolled in the Quincy Public Schools as of Aug. 14, about 50 more than were enrolled at the end of the previous school year, though the number is subject to change.

"Right now we're around

10,200 kids or thereabouts," Mulvey said, "but we have kids coming in every day."

The superintendent said enrollment is up across the board, though he stated the increase is coming from the city's neighborhoods, not its new buildings.

"You would think that the increased enrollment is coming from the new development. It's not," Mulvey said. "It's actually coming from the neighborhoods. So, it's not like coming from Ashlar Park, for instance, or the new buildings next to the old Masonic building. It's actually coming from the neighborhoods predominantly."

The district has not enrolled any students whose families are staying at the Family Welcome Center at Eastern Nazarene College, Mulvey said.

"We haven't enrolled anyone yet from the ENC temporary shelter that we know of. We don't know if some of these immigrant families that are coming in are staying with families in Quincy and they're being enrolled; that wouldn't be classified as temporary emergency shelter students," Mulvey said.

"But, we are seeing an uptick. We just don't know if those are immigrant families or just regular move ins to the city. But we haven't had to enroll anyone yet from the ENC temporary shelter just because I think

they've been staying no more than like five or ten days or something like that and then moving to more permanent places."

The calendar for the new school year will look similar to the one used this past year. The final day for students will be June 18, assuming there are no snow days. If five days of school are cancelled because of snow or other inclement weather, the final day for students would be pushed back to June 26. (The final day for graduating seniors is June 2, which is not subject to change due to snow days.)

Asked about snow days, Mulvey said the decision on whether or not to cancel school is up to him, though he does consult with the mayor and other city officials. Mulvey said a final decision needs to be made between 5:30 and 6 p.m. though the call could be made the day before if a big snowstorm is in the forecast.

"It is my decision, but I do obviously consult with the mayor and his team because they're ones that clear the roads and the sidewalks and do all of the plowing in the schools, so we're in constant communication," Mulvey said.

"I think the latest we would probably cancel on any given day is 5:30, 6 a.m., but we try to give parents as much notice as possible if we know there is a big storm coming in, which

was kind of a flop this past year if you remember that storm we canceled on; I don't think there was one flake on the ground. But everyone was canceling... we have to factor in the surrounding communities that cancel. A lot of our staff are coming from those communities and they would have to be home with their kids if they don't have child care services. It kind of forces us to cancel even when we don't want to.

"In that instance we canceled the night before. I

think I sent out an alert at like 5 p.m. or something."

The district notifies the community about closures in myriad ways.

"There's multiple layers," Mulvey said. "We do the email out to the entire community and staff. We do an instant alert to the entire community and staff. We post it on our website. We alert all of the news stations as well; they have a website we have to go into and plug in a security code and all this other stuff. Then of course QATV."

"I think parents find the instant alert the most effective to let them know, but they also watch all the news station as well and it's on our website."

For the forthcoming school year, winter recess will begin at the end of the school day on Friday, Dec. 20, and classes will resume on Tuesday, Jan. 2. February recess will start at the end of the school day on Friday, Feb. 14, with classes resuming on Monday, Feb. 24. In April, schools will be closed

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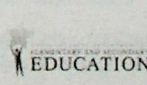
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sbernstein@qcap.org
857-939-6655



September Children's Events, Activities At Crane Library

Cont'd From Page 4

Puppy Pages @ Adams Shore Ages 6-8

On Wednesday, Sept. 11th from 1-2 p.m. meet Elliot the therapy dog at the Adams Shore Library and spend some time practicing your reading with him.

Young readers ages 6-8 are invited to spend 10 minutes reading aloud to Elliot.

Reading takes practice and reading aloud with a patient and non-judgmental canine friend is a great way for young readers to practice and become more confident.

Registration is not required. Ten-minute timeslots with Elliot will be assigned on a first come first served basis.

Elliot and his owner Michelle are volunteers trained by Dog B.O.N.E.S. therapy dogs of Massachusetts.

Preschool Discovery- Animals for ages 3-5

Join us for Preschool Discovery a hands on parent and child science program that meets once a month at each library location. Activities, experiments and instructions will be provided for science you can do with your child.

In September learn about animals! Look at paw prints, sort some animals and find out what keeps animals warm in cold water!

The program will be at the Wollaston Library on Thursday, Sept. 12th from 3-4 p.m., the North Quincy Library on Saturday, Sept. 21st from 10-11 a.m., the Adams Shore Library on Wednesday, Sept. 18th from 3-4 p.m. and the in the Main Library Children's Room on Saturday, Sept. 28th from 10-11 a.m.

Night Owls Book Club for Grades 3 and 4

We invite children in grades 3 and 4 to join us to discuss a chapter book or graphic novel on the second Thursday of each month at 7 p.m. We'll vote for upcoming titles at the end of each meeting.

On Thursday, Sept. 12th we'll get together discuss what kinds of books we want to read and how the program will work. Tell us what you've been reading and pick up our discussion book for October.

Dungeons and Dragons for ages 10-15

New and experienced players are invited to join us in person at 7 p.m. on Tuesday, Sept. 17th for this introduction to D&D 5th edition game play. Take on the role of a fantasy hero in this Dungeons & Dragons game. We will meet for an hour and a half to play this campaign. Please note: There is no wait list for this program, but we will be running more campaigns in the coming months.

Registration is required for this program. Register through our online calendar. This program is for ages 10-15.

This program will take place in the Main Library Children's Room. Character sheets will be provided.

Super Awesome Hangout Club for grades 3-7

Calling all 3rd-7th graders! Come hang out with old friends and make some new ones!

Join us at our hangout in the Children's blue room on Wednesday, Sept. 18th at 2:30 p.m. and participate in a paper airplane making contest.

EXPLORE @Wollaston for grades 4-6

EXPLORE (Experiment, Play, Learn, Observe, Read, Examine) is a series of monthly hands-on science workshops for children in grades 4-6, covering a wide variety of topics.

Meeting at the Wollaston Branch Library on the third Wednesday of each month from 7-8 p.m. each workshop has a short portion of instruction and then exploration and

experimentation. Topics range from forensic science to bubbles and parents/caregivers are welcome to participate as well alongside their children.

Join us at the Wollaston Library on Wednesday, Sept. 18th at 7 p.m. for Robotics. Explore basic programming concepts with robotics. We'll try to make our robots solve a maze and do other basic tasks.

Review Crew for grades 5-7

Join us on the third Thursday of each month and be a part of the Review Crew.

Join us on Thursday, Sept. 19th at 7 p.m. This month we'll be talking about what we read over the summer and voting on themes for the upcoming months.

Homeschool Hangout for ages 5-13

Join us on the third Friday of each month for a home-school program for kids and caregivers, covering topics from STEM to art and beyond!

Our next meeting will be on Friday, Sept. 20th from 9:30-11 a.m.

STEAM Team Grades 1-3

Welcome all 1st-3rd graders to this awesome new STEM program! We are excited to start this monthly project-based program that will get your children excited about STEM! Through experiments, hands-on projects, and lots of technology we will have tons of fun learning!

Join us on the third Friday of the month, Sept. 20th from 3-4 p.m. for STEAM Team!

This program is for children in Grades 1-3. Registration is required and is limited to Quincy residents. Registration will begin at 9 a.m. on Tuesday, Sept. 3rd.

Banned Books Week Read-In for All Ages

Join us on Tuesday, Sept. 24th from 3-5 p.m. for our second annual Banned Book Week Read-In! We invite everyone to gather at any library location and indulge in the joy of unrestricted reading.

At the main library we will be outside on the Olmstead Lawn (weather permitting) so bring your favorite book & a chair or blanket, explore new literary worlds, and revel in the freedom to read whatever you choose. Join us as we champion the fundamental right to access and enjoy diverse literature.

Established in 1982, Banned Books Week brings together the entire book community in shared support of the freedom to read. The theme for Banned Books Week 2024 (September 22-28) is "Freed Between the Lines." In a time of intense political polarization, library staff in every state are facing an unprecedented number of attempts to ban books. ALA's Office for Intellectual Freedom documented 1,247 demands to censor library books and resources in 2023.

This is an all ages program so all are welcome! We will have books, crafts, take home activities, and more!

In case of inclement weather we will move indoors.

Bedtime Book Club for Grades 1-3

1st-3rd graders and their adult caregivers are invited to join us for this new monthly book discussion. Each month we will choose either a short book or a section of a longer book to read together before the meeting, then get together to discuss it, children and caregivers together. Caregivers should be willing to read the selections with children before each meeting and to stay and participate in the discussion.

Our first meeting will be on Tuesday, Sept. 24th at 6:30 p.m. in the main library Children's Room. Please come ready to talk about something you read this summer! We

will talk about the coming year and copies of the book for October will be available for checkout.

Page Turners Graphic Novel Book Club for Grades 3-7

Children in grades 3-7 are invited to join us on the 4th Wednesday of each month at 6:30 p.m. for our Page Turners graphic novel book club. Each month we will discuss a different graphic novel and make our own.

On Wednesday, Sept. 25th we'll get together to discuss "Aru Shah and the End of Time" adapted by Joe Caramagna from the novel of the same name by Roshani Chokshi.

Copies of the books are available for pick up in the main library children's room and on Hoopla. If you choose Hoopla make sure you pick the Comic (not ebook).

Teddy Bear Tea Party for ages 2-8

Grab your favorite stuffed animal or doll, dress up for a party, and join us for a Teddy Bear Tea Party on Saturday, Sept. 28th at 3 p.m.

Families and their stuffed animals are welcome to come hear a teddy bear story, listen and dance to some fun music, and share some Teddy Grahams and apple juice.

Parents and caregivers, please be aware that there will be snacks served at this event. If your child has any food sensitivities, allergies, or dietary restrictions, please use your best judgement and perhaps bring your own snack and drink so your child does not feel left out.

Registration for Fall Session 1 Programs

Weekly programs, storytimes, Storylab, Chickadees Book Club and Coding Club for grades 4-5 begin the week of Sept. 30th.

Registration is required for Mother Goose storytimes, Chickadees Book Club and Coding Club for grades 4-5.

Registration for programs begins on Tuesday, Sept. 17th at 9 a.m. online at thomascranelibrary.org, by phone at 617-376-1300 ext. 4 or in person at the Main Library Children's Room.

Fall Session 1 Program Schedules

Fall storytime programs begin on Monday, Sept. 30th. Registration is required for some programs. Registration is limited to Quincy residents and children must be the correct age by the start of the program.

ABC Storytime @North Quincy for ages 3-5

Mondays 9/30, 10/7, 10/21 at 10 a.m.

StoryLab - Math @Wollaston ages 4-8

Mondays 9/30, 10/7, 10/21, 10/28 at 3 p.m.

Rock-a-bye Baby Storytime for ages 4-11 months

Tuesdays 10/1, 10/8, 10/15, 10/22, 10/29 at 9:30 a.m.

Mother Goose Storytime for ages 12-24 months

Tuesdays at 10/1, 10/8, 10/15, 10/22, 10/29 11 a.m.

REGISTRATION REQUIRED

Toddler Storytime @Adams Shore for ages 2-3

Tuesdays at 10 a.m. 10/1, 10/8, 10/15, 10/22, 10/29

Mother Goose Storytime for ages 12-24 months

Thursdays at 10/3, 10/10, 10/17, 10/24, 10/31 9:30 a.m.

REGISTRATION REQUIRED

Chickadees Book Club for children in grades 1 and 2

REGISTRATION REQUIRED

This group works a little bit differently than our other book groups, sort of a cross between book group and storytime. Registration is required and is limited to Quincy residents. Registration begins on Tuesday, Sept. 17th online at thomascranelibrary.org, by phone at 617-376-1300 x4 or in person at the Main Library Children's Room.

The Chickadees will meet on Mondays 9/30, 10/7, 10/21, 10/28 at 6:30 p.m.

Using short stories and early readers as our texts we'll have fun with simple games and crafts while reinforcing key reading and discussion skills in this fun and interactive program. **Children must be able to read and write independently to join this group.**

Questions? Stop by or call the Children's Room at 617-376-1300 x4 and ask for Mrs. Miller.

Coding Club for Grades 4-5

REGISTRATION REQUIRED

Join us for this 5-week session of **beginners** Scratch for 4th & 5th graders with source materials from Girls Who Code.

The program takes place on the following dates, Thursdays, 10/3, 10/10, 10/17, 10/24, 10/31 at 3 p.m. If you sign up, please commit to coming for 5 weeks as they build on each other.

Registration is required and is limited to Quincy residents in grades 4 and 5 and is subject to approval by the library. Registration begins on Tuesday, Sept. 17th at 9 a.m. online at thomascranelibrary.org, by phone at 617-376-1300 ext. 4 or in person at the Main Library Children's Room.

There is no wait list for this program. Additional sessions of this program will be held in winter and spring.

Check out the Library's website thomascranelibrary.org for details.

All programs sponsored and supported by the Friends of the Thomas Crane Public Library.

Free Pops Concert Sept. 21 At Hancock-Adams Common

Featuring Quincy Choral Society, Quincy Symphony Orchestra

Mayor Thomas P. Koch and the City of Quincy invite the community to enjoy an evening of music and song on Saturday, Sept. 21st from 4 to 6 p.m. for a combined Pops Concert by the Quincy Choral Society and Quincy Symphony Orchestra on the Hancock-Adams Common.

The concert is free to the public.

Led by the Quincy Symphony Orchestra and Quincy Choral Society's Musical Directors Yoichi Udagawa and Sarah Labrie, the event highlights the tremendous talents of these local organizations.

"Throughout the summer, we have been able to feature a wide variety of musical performances offering something for everyone to enjoy," Koch said. "The City of Quincy is so fortunate to feature the artistry of the Quincy Symphony Orchestra, Quincy Choral Society, as well as the Quincy Art Association, for this next show."

Quincy Symphony Orchestra's Conductor Yoichi Udagawa is a fan of many different styles of music from standard

symphonic repertoire to popular and contemporary music. He is a frequent guest conductor for many nationwide orchestras including the Boston Pops Esplanade Orchestra. Quincy Choral Society's Music Director Sarah Labrie is a conductor and teacher and actively sings with the Tanglewood Festival Chorus and Boston Symphony Orchestra. In 2023, Sarah received the prestigious Abigail Adams Award from the City of Quincy for her contribution to local arts and culture.

Artists from the Quincy Art Association will be set up on the lawn of the Common to offer live painting demonstrations.

Cabaret tables and chairs will be available for seating. Lawn chairs are allowed. Food trucks will be on-site for food purchases during the event.

Visit quincyma.gov and follow the City of Quincy on Facebook, X, Instagram and Nextdoor to learn more about the Pops Concert and upcoming City events.

School Bells Ring Sept. 4 Grades 1-9

Cont'd From Page 13

for Good Friday on Friday, April 18, followed by April

recess, with classes resuming on Monday, April 28. Students will get the

same holidays off as they did last year. Those include Columbus Day Oct. 14;

Election Day, Nov. 5; Veterans Day, Nov. 11; Thanksgiving Nov. 28 and the day after Thanksgiving Friday, Nov. 29; Martin Luther King Jr. Day Jan. 20; Good Friday April 18; Memorial Day May 26; and Juneteenth June 19; should the school year extend that far.

The school calendar also lists a number of major religious and cultural holidays, defined as "important days in the lives of students and families." It further states

that QPS staff "will strive to avoid scheduling deadlines for long-term assignments, assessments, field trips, auditions; events, and athletic competition on these days."

That list of holidays includes Rosh Hashanah and Yom Kippur in October; Diwali in November; Hanukkah, Christmas and Kwanzaa in December; Three Kings Day and Lunar New Year in January; the beginning of Ramadan

in February; Holi in March; and Eid al-Fitr, the beginning of Passover, and Easter in April.

Quincy High School's graduation is set for Monday, June 9, and North Quincy High School's graduation is slated for Tuesday, June 10. If necessary, the ceremonies would be moved indoors and held on those same evenings rather than being postponed to another date.

Studio Two: Beatles Tribute Sunday At Ruth Gordon Amphitheater

The Summer Series at the Ruth Gordon Amphitheater finishes its 2024 season with fan favorite Studio Two on Sunday, Sept. 1 at 6 p.m.

New England's #1 Beatles Tribute band is back at the Ruth Gordon Amphitheater by popular demand. Studio Two Beatles deliver a sound and look that will

have you thinking it's the "British invasion" of 1964!

This is a free show at the beautiful historic outdoor theater with public restrooms, handicapped access at top level, water views and food and drink by Breakrock brewing and Blacks Creek BBQ.

Bring a chair or blanket.

The Ruth Gordon Amphitheater is located at Merymount Park, Vietnam Veterans Drive, Quincy, MA 02170.

Plenty of free parking.

For more information on this and other summer events at the Amphitheater, visit: <https://friendsofqa.org/>.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Spaghetti Pizza Pie

By MARIE

If you like spaghetti, then today's recipe will be right up your alley. If you like both spaghetti and pizza then you are in luck.

Directions and ingredients:

½ pound of spaghetti - cook spaghetti according to directions.

1 quart of marinara sauce
Pizza toppings of your choice
Grated Romano Cheese

Take a large skillet and add a layer of marinara sauce to the bottom.

Then take the cooked spaghetti and place in it evenly all around the skillet, and sprinkle a good amount of grated Romano cheese on top.

Once cheese is on, add any of your favorite pizza toppings such as pepperoni, onions, mushroom, sausage, peppers, diced ham, hamburger, mozzarella (etc).

Then cover with another layer of spaghetti and marinara sauce.

Once the toppings are to your liking, cover the skillet and cook on top of the stove on low heat for about 20 or 30 minutes. Once done, let set for about 10 minutes and slice as if slicing a pie.

Healthy School Snacks

By SUZIE

Studies show that the better quality breakfast, snacks, and lunches children have while in school increases school performance on all levels, including sports, grades, focus and overall attitude.

Here are some healthy snacks with healthy fats, proteins, and carbohydrates that you can feel good giving your kids.

Make your own "Lunchables." Kids love stacking and making things their own. Buy some healthy crackers (Nature's Path makes organic high-quality crackers) and in a Bento type box, provide sliced raw cheese, organic sliced meats like ham or turkey or roast beef, sliced crispy veggies like peppers or carrots sliced thinly, an organic juice box (I like Honest Kids and so do the kids!) some grapes on the side and as a treat you can put in a mini Z bar which comes in many delicious flavors (the chocolate tastes like a brownie) and these are always a hit.

You can also buy the individual almond butter or peanut butter packets (if allowed, of course) and they can spread that on the crackers with some sliced strawberries instead of the meat and cheese.

Sunbutter is allowed in schools with peanut allergies since it is made of sunflower seeds, but they do not make individual packets that I have seen. You can always spoon some in a small container with a lid, make sure you pack a plastic knife.

English muffin pizzas: Simply purchase some high quality English muffins (Barowski makes an organic whole grain one) and spoon on some marinara sauce,

top with raw cheese and if your child agrees, put some baby spinach under the cheese for an added nutritional boost.

Bake in toaster oven and let cool.

I wrap mine in parchment paper and throw in a baggie or a container made for sandwiches. These make a great snack (or lunch) and kids love pizza hot or cold.

Organic already sliced apples can be found just about everywhere now. These make a great snack served with a protein/fat combination like raw cheese cubes, or nut/seed butters.

Individual hummus servings are available in many places now and come in a variety of flavors. Packing one of these with some whole grain crackers, pita bread, tortilla, or vegetable sticks make a nutritious and tasty snack.

A thermos full of leftover soup, stew, chili, or pasta makes a great snack/lunch and as long as you invest in a good thermos (normally around \$25.00 but worth it) everything will stay nice and hot.

Greek yogurt dips make a filling snack as well. Buy the full fat organic kind and just mix in some sea salt, pepper, garlic powder, onion powder, and fresh herbs. Your kids will love it served with crackers or vegetables, or some rice chips. (I like Lundbergs brand.)

A great drink option would be OR-GAIN drinks for kids. They come in strawberry, vanilla, or chocolate and the kids drink these up. They contain protein, vegetables, and fruits and are loaded with important vitamins and minerals that they need to keep their energy levels up. These need to be cold, so make sure you put an ice pack with these.

MA Legislature Passes Maternal Health Bill

The Massachusetts Legislature Aug. 22nd passed a comprehensive maternal health bill which creates

a state licensure pathway for midwives and lactation consultants, encourages the creation of more freestanding birth centers, establishes a grant program to address maternal mental health and substance use disorder, and expands the statewide universal postpartum home visiting program.

The legislation also mandates that insurers provide coverage for postpartum de-

pression and major depressive disorder screenings for perinatal individuals.

"While the Commonwealth's health care system is amongst the best in the world, inequities in maternal health remain prevalent, and certain aspects of care are woefully insufficient. That's why the reforms included in this legislation are so important, as they will help to close racial inequities and improve maternal health care statewide," said House Speaker Ronald J. Mariano (D-Quincy). "I

want to thank Chair Marjorie Decker for her tireless work on this legislation, as well as the members of the conference committee, my colleagues in the House, and our partners in the Senate for recognizing the need for action on this critical issue."

"The legislature took much needed action to strengthen access to physical and mental health care for pregnant people and new parents in Massachusetts," said Senate President Karen E. Spilka (D-Ashland).

Cont'd On Page 21

PAID POLITICAL ADVERTISEMENT

Noel DiBona is Endorsed by Norfolk County Elected Officials:

Michael Bellotti - County Treasurer

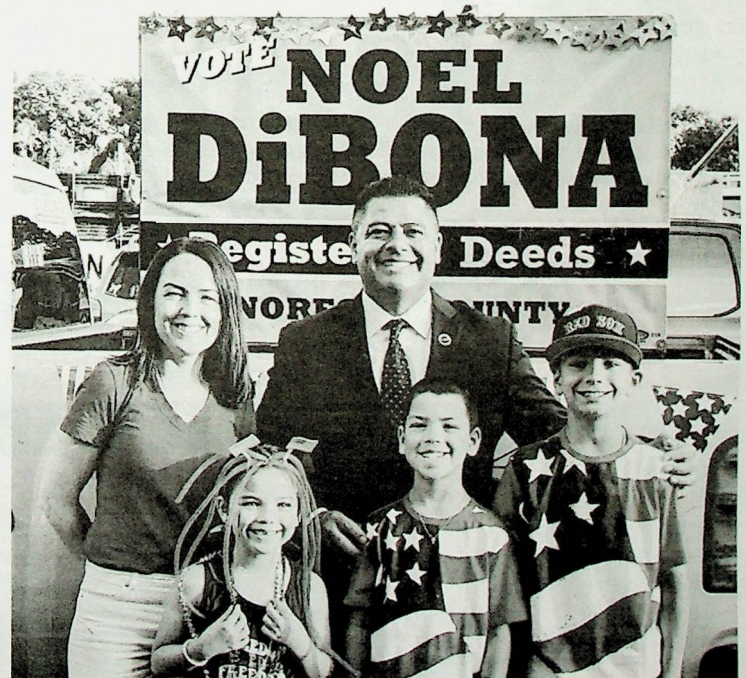
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As the Register of Deeds Noel will:

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- ✓ Allow Credit Card Transactions as a Form of Payment
- ✓ Bring a Satellite Office to the City of Quincy

Vote NOEL DiBONA

Democratic Primary Sept. 3rd

Paid for by the Committee to Elect Noel DiBona

On Saturday, Aug. 17, Detective Sergeant King was alerted to a call for service where the victim of a larceny was attempting to buy back their own property. D/Sgt. King spoke to the victim and gathered the details of the larceny to include confirming that the bicycle was reported stolen to the Brookline Police Department.

The victim had agreed to meet the suspect at the McDonald's on Hancock Street in Quincy and purchase the bicycle back, which was listed on Facebook Marketplace for 1/3 of the actual value of the bicycle.

D/Sgt. King, Det S. Connolly, Det T. Le and Sgt Buonaugurio responded to the area of McDonald's to set up surveillance. The suspect arrived riding the stolen bicycle. When approached by Detective O'Connor and asked if it was his bicycle, he hesitated but then responded I bought it in Boston. The suspect was placed under arrest and charged

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

with receiving stolen property over \$1,200. He was later arraigned at Quincy District Court. Job Well Done!

On Saturday, Aug. 24, at about 1:54 a.m., Officers Jewell, Brokmeier, McKim and K-9 Officer Clifford were dispatched to Grogan Ave. for a report of an attempted breaking and entering a motor vehicle. Officer McKim made contact with the reporting person, confirmed the description that

was provided and relayed it to other responding officers.

Officer Clifford and his K-9 partner Diego started a track from the area where the suspect was last seen which led them onto Furnace Brook Parkway. Officer Brokmeier observed a male matching the suspect description on Furnace Brook Parkway near Reardon Street hiding behind a tree. The suspect refused to stop and fled north on Harris Street. A short time later, Officer Brokmeier located the suspect hiding behind a garage on Harris Street. The suspect was placed in custody.

Numerous items that did not belong to the suspect were found on his person and collected as evidence. The suspect was charged with attempted breaking and entering into a depository (motor vehicle) and receiving stolen property over \$1,200. He also had three outstanding warrants. He will be arraigned at the Quincy District Court. Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, AUG. 16

LARCENY/MOTOR VEHICLE (just occurred), 7:50 a.m., Montclair Condo, 100 West Squantum St. Caller states that a male came into the garage about 30 minutes ago, stole the cleaner's car gray Honda Civic. Report filed.

SHOPLIFT (male shoplifter), 10:31 a.m., Walgreen Pharmacy, 550 Adams St. Report filed.

VANDALISM/PROPERTY (car), 1:51 p.m., 100 block of Doane Street. No video at this time. Case number provided.

SHOPLIFT (just occurred), 4:23 p.m., Star Market, 130 Granite St. Suspect identified and issued a trespass notice. Merchandise was returned and store to handle.

SHOPLIFT (detain), 4:40 p.m., Target, 289 Hancock St. Store recovered merchandise. Suspect issued a trespass notice and was sent on the way.

SHOPLIFT (female), 5:36 p.m., Target, 289 Hancock St. Suspect issued a trespass notice and sent on the way.

SHOPLIFT (liquor), Andre's Market, 20 Brook St. Suspect fled. Officer unable to locate. Store will call if suspect returns.

VANDALISM/PROPERTY (front door), 8:11 p.m., 50 block of Brooks Avenue. Female suspect smashed front door with a hammer. Hammer was left on front stairs and the female party has since left in car. Advised. Case number provided.

LARCENY (belongings), 8:37 p.m., McDonald's, 473 Southern Artery. Caller reports someone took her two bags of belongings she left on booth. Report to be filed.

SATURDAY, AUG. 17

DISORDER (road rage), 7:49 a.m., Brooks Avenue and Roberts Street. Road rage incident, all advised.

BREAKING AND ENTERING/MOTOR VEHICLE

(stole backpack/phone), 12:23 p.m., Willard Building, 1266 Furnace Brook Parkway. Report to be filed.

LARCENY/MOTOR VEHICLE (car stolen), 1:49 p.m., YMCA, 79 Coddington St. Car missing is a KIA Sportage, red. Happened within the hour. Car keys taken out of locker. Report to be filed.

DISORDER (two females), 1:59 p.m., Planet Fitness, 50 Adams St. Report to be filed.

DISORDER, 2:19 p.m., Baja Box, 793 Quincy Shore Dr. Verbal argument. Peace restored. All involved sent on the way.

SHOPLIFT (female), 2:28 p.m., Target, 289 Hancock St. Suspect stole toys and fled towards McDonald's. Merchandise recovered. Suspect issued a trespass notice and sent on the way.

LARCENY (grocery cart), 3:43 p.m., 91 Clay St. Caller advised and provided a case number, will follow up with management tomorrow. Went missing from the community room one week ago.

DISORDER (two males), 4:32 p.m., Carrolls Lane. Moving company's truck has the street blocked. Peace restored. Truck was moved.

DISORDER (group), 9:04 p.m., Stop and Shop Supermarket, 495 Southern Artery. Group fighting near benches. All involved separated and sent on way.

VANDALISM/PROPERTY (to motor vehicle), 11:21 p.m., 73 Bicknell St. Caller reports his car window may have been shot by a BB gun. Report filed.

SUNDAY, AUG. 18

BREAKING AND ENTERING/PAST (basement door), 12:49 p.m., 20 block of Spear Street. Happened yesterday, through basement door. Report to be filed.

SHOPLIFT (female), 1:03 p.m., Walgreen Pharmacy, 132 Granite St. Merchandise returned, suspect issue a tres-

pass notice and was sent on the way.

VANDALISM/PROPERTY (tires slashed), 1:25 p.m., 70 block of Hobart Street. Report to be filed.

VANDALISM/PROPERTY (missing side mirror), 4:56 p.m., 91 Clay St. Caller states he is unsure if this was a hit and run or vandalism to his car. Case number provided.

MONDAY, AUG. 19

LARCENY (follow up), 10:36 a.m., McDonald's, 275 Hancock St. Report to be filed.

LARCENY (cash missing), 12:14 p.m., Dunkin' Donuts, 687 Hancock St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 3:16 p.m., 200 block of Quincy Avenue. Power saw, and other work tools stolen. Report to be filed.

DISORDER (over parking), 3:20 p.m., 1250 Hancock St. Peace restored and all involved sent on the way.

DISORDER (fight), 5:27 p.m., Father Bill's Place, 39 Broad St. Caller states three people are fighting in the parking lot. Peace restored. Verbal only. One person left prior to the officers' arrival.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 7:30 p.m., 80 block of Fayette Street. Report to be filed.

TUESDAY, AUG. 20

LARCENY (past), 12:36 p.m., Walmart, 301 Falls Blvd. Report to be filed.

SHOPLIFT (female holding one), 3:04 p.m., CVS Pharmacy, 626 Southern Artery. Merchandise recovered. Suspect issued a trespass notice and sent on way.

SHOPLIFT (past), 3:12 p.m., Home Depot, 177 Willard St. Past shoplifting that occurred Aug. 3. Criminal summons and report filed.

LARCENY (package), 3:51 p.m., 180 block of Samoset Avenue. Gone on arrival. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 4:21 p.m., 40 block of Grenwood Road. Caller's car was broken into overnight. Report to be filed.

SHOPLIFT (in progress), 6:31 p.m., Walgreen Pharmacy, 132 Granite St. One female under arrest, charged with shoplifting and had an outstanding warrant. Report to be filed.

SHOPLIFT (arrest), 6:57 p.m., Walgreen Pharmacy, 132 Granite St. One suspect under arrest, charged with shoplifting and had an outstanding warrant. Report to be filed.

SHOPLIFT (in progress), 7:25 p.m., Walgreen Pharmacy, 132 Granite St. Suspect issued a trespass notice and went on the way. Store to handle.

WEDNESDAY, AUG. 21

ATTEMPT/MOTOR VEHICLE/BREAK-IN (just occurred), 2:48 a.m., 30 block of Lunt Street. Report filed.

DISORDER (in progress), 7:06 a.m., McDonald's, 473 Southern Artery. One male customer giving employee a hard time. One person took another customer's belongings. Property was returned and peace was restored.

DISORDER (road rage), 8:56 a.m., 500 Victory Rd. Peace restored.

SHOPLIFT (detained), 10:10 a.m., Home Depot, 177 Willard St. Merchandise returned. Suspect issued a trespass notice and sent on the way.

LARCENY (plants), 2:36 p.m., 80 block of Water Street. Plants returned. Peace restored.

DISORDER (two males), 8:47 p.m., Father Bill's Place, 39 Broad St. Peace restored. Two males sent on way and advised.

THURSDAY, AUG. 22

SHOPLIFT (unwanted), 2:30 a.m., CVS Pharmacy/24 Hour, 42 Beale St. No items were stolen. Male issued a trespass notice and sent on the way.

VANDALISM/PROPERTY (female), 8:39 a.m., Burger King, 62 Granite St. Employee reports that a female trashed the restaurant and fled. Plate number of the suspect provided. Criminal summons and report filed.

LARCENY (past/packages), 10:08 a.m., Ashlar Park, 100 Whitwell St. Report to be filed.

UNARMED ROBBERY (just occurred), 11:59 a.m., 99 Ranch Market, 475 Hancock St. Necklace stolen from the victim's neck. Report to be filed.

SHOPLIFT (in Loss Prevention Office), 5:24 p.m., Home Depot, 177 Willard St. Suspect identified, was issued a trespass notice by the manager and sent on way.

PAID POLITICAL ADVERTISEMENT



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Vote Democratic Primary - Sept. 3rd

(Day after Labor Day)

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Rev. Nathan D. Piphon To Be Installed As Bishop Of NE Synod Of ELCA

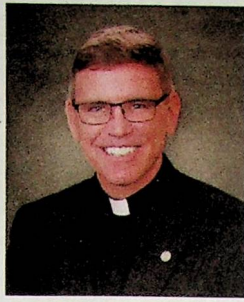
The Rev. Nathan D. Piphon will be installed as the fourth bishop of the New England Synod of the Evangelical Lutheran Church in America (ELCA) at a Festive Holy Eucharist on Saturday, Sept. 7, at 1 p.m. at Trinity Lutheran Church, 73 Lancaster St., Worcester.

The Rev. Elizabeth Eaton, Presiding Bishop of the ELCA will preside and a reception in Trinity's Jeppson Hall will follow.

The public is invited to attend. The liturgy will also be livestreamed at www.vimeo.com/trinityworchester.

Bishop Piphon was elected to a six-year term on June 7 by the New England Synod Assembly meeting at the DCU Center in Worcester. At the time of his election, he had been serving as the pastor of Trinity Lutheran Church, Worcester, Massachusetts. He began ministry at Trinity on All Saints Day in 2016. In addition to all aspects of parish ministry, he served as Secretary of the Board of Worcester Interfaith and as Protestant Chaplain at Worcester Polytechnic Institute (WPI).

Prior to his ministry in



REV. NATHAN D. PIPHON

Worcester, he served as pastor of Good Shepherd Lutheran Church in North Quincy from 2002 to 2015. He helped establish a Chinese outreach ministry and

was a founding member and first President of Quincycles Bicycle advocacy group. He also served as President of the Interchurch Council of Wollaston and North Quincy.

He has been active in the life New England Synod by serving as a member of the Antiracism Advisory Board, the New England Synod Candidacy Committee, Chair of the Synod

Team for Gay, Lesbian, Bisexual, and Transgender Inclusion, and Dean of the Boston Metro Conference. He was a voting member of the 2009 ELCA Churchwide Assembly and was elected at the 2019 ELCA Churchwide Assembly to serve a six-year term on the ELCA Committee on Discipline.

He was ordained on St. Michael & All Angels Day in 2002 at St. John Lutheran Church, Sudbury, Massachusetts by the Rev. Margaret Payne, 2nd Bishop of the New England Synod. He completed his internship at the Lutheran Church of the Redeemer, Woburn. He earned a Bachelor of Arts

degree from Wartburg College, Waverly, Iowa in 1998 and a Master of Divinity degree from the Lutheran Theological Seminary at Philadelphia (now United Lutheran Seminary) in 2002. He earned a Master in Public Administration degree from the Harvard Kennedy School in Cambridge, Massachusetts in 2016.

The New England Synod consists of 159 congregations and 10 synodically authorized worshipping communities in the six states of New England. The ELCA is a Christian denomination with 3 million members in the United States and in the Caribbean region.

Quincy Police Citizens Police Academy Starts Sept. 17

The Quincy Police Department will be offering a Tuition Free Citizens Police Academy to familiarize citizens from the City of Quincy with the workings of the Quincy Police Department, the criminal justice system and the demands of being a police officer.

The Citizens Police Academy will run from Sept. 17 to Nov. 14 each Tuesday and Thursday 6 to 9 p.m. This Academy is designed to give Quincy's Citizens the opportunity to immerse themselves into the job of being a police officer. The attendees will be instructed in aspects of being a police officer and be able take part in the practical applications of policing.

For more information and to apply, visit Quincyma.gov under the Citizen's Police Academy section.

QUINCY POLICE DEPARTMENT

CITIZENS ACADEMY FALL 2024

NOW ACCEPTING APPLICATIONS

APPLICATIONS CAN BE FOUND AT QUINCYMA.GOV UNDER THE CITIZEN'S POLICE ACADEMY SECTION

FOR QUESTIONS OR INQUIRES CONTACT RDONNELLY@QUINCYMA.GOV

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For The September 3, 2024 STATE PRIMARY

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QUINCY CITY HALL

on

Saturday, August 24, 2024

- Friday, August 30, 2024

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Quincy U13 Summer Travel Baseball Team Wins Championship

In what can only be described as an epic finish to a legendary summer travel season, Quincy's U13 team in the Metro South baseball league won the championship game under clear skies at Adams Field on Aug. 11.

Following an undefeated regular season, the Quincy ballplayers narrowly won a nail biter semi-final game against their Braintree opponents (5-4) before moving on to crush "Southie" in the final by a score of 12-1.

Despite having annihilated their Southie rivals by a cumulative score of 38-11 during their three regular season matchups, Quincy took nothing for granted in the championship game, putting ace pitcher Nathan Kane on the mound. The strategy worked, with Kane striking out nearly every Southie player at least once. Averaging just 13 pitches per inning, Kane put on a clinic, holding Southie to just 19 at-bats and 1 run during the entire 5-inning game.

Quincy's offense was equally as impressive, mustering 31 at-bats and 12 runs. Scoring two runs each and stealing multiple bases, Matthew Feroli, Robert Glennon, and Kevin Southworth-Mahoney had one of their best games of the entire season. In addition to making a spectacular pop up catch behind the plate, catcher Jacob Campbell was equally impressive at the plate; along with Nic Cook, Peter Comiso, Luke Feldman, Ronald Gonzalez, and Eoin O'Connell, who



QUINCY'S U13 TEAM in the Metro South baseball league recently won the championship game at Adams Field. From left to right: Sean Glennon (1st base coach); Dave Brophy (3rd base coach); Ronald Gonzalez, Nathan Kane, Kevin Southworth-Mahoney, Nic Cook, Eoin O'Connell, Aiden Brophy, Mason Eldridge, Michael Ruggiero (background); Logan Berenguer (foreground); Jacob Campbell, Matthew Feroli, Mike Ruggiero (Manager); Robert Glennon, Luke Feldman and Peter Comiso. Not pictured: Cooper Nelson.

Photos Courtesy of Barry O'Connell

each scored one run. Hitting bombs into the outfield, Logan Berenguer, Aiden Brophy, and Michael Ruggiero kept Southie on their toes, making them feel at home with flying objects overhead. And with a massive line drive to left field in the bottom of the 5th inning, Mason Eldridge drove in 2 runs, ending the game via the "slaughter rule."

Missing from the championship game was Cooper Nelson, who was crucial in securing the semifinal win over Braintree with his lead-off base hit, ultimately resulting in the first run of the game and setting the tone for the playoff series.

With an overall record of 14 wins and zero losses, the Quincy sluggers racked up an impressive 184 runs (an average of 13 per game), which was, by far, the most

runs scored by any team of any age in the entire league.

This was a great year for team manager Mike Ruggiero, whose Babe Ruth team also had an undefeated season and won their championship game as well this past spring.

Ruggiero thanks assistant coaches Dave Brophy and Sean Glennon, as well as game scorekeepers Mike Feldman and Ashley Lynch-Mahoney, and all of the parents for their support this season.



MATTHEW FEROLI crosses home plate to end the game.



NATHAN KANE fires one of many strikes during the game.



MASON ELDRIDGE prepares to drive home the game-winning runs.



THE TEAM runs out to Mason Eldridge at first base to celebrate his game-winning single, driving in the final two runs.

Cousin Remembers William 'Billy' Glennon: Red Sox Mascot For Early World Series Titles

Cont'd From Page 1

The records indicate William was a great ballplayer himself, playing centerfield and winning the 12-13-year-

old championship of Greater Boston with his team shortly before becoming Red Sox mascot. Sadly, William died of pneumonia in 1921 at just 19 years old.

The love of baseball runs deep in the Glennon family. Sean's father, Brian, was a longtime coach and co-director of the Koch Club youth baseball program. Sean himself was a player-turned-coach with Koch Club in his younger years, and has enjoyed volunteering with Quincy Youth Baseball for the past several years. His son, Robert, plays for QYB, and both his Babe Ruth team and his U13 summer travel team under team manager Mike Ruggiero, won their respective championships this year. Cousin William would be so proud.

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OPTIMIST SAILORS head out from the Quantum Yacht Club for a day of racing during the Lipton Cup regatta held in July. *Photos Courtesy Chris Alan*



YOUNG SAILORS skillfully maneuver their Optimist dinghies during a race at the Quantum Yacht Club's Lipton Cup regatta.

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SAILBOATS BATTLE for position during the Lipton Cup regatta. More photos on Page 35.

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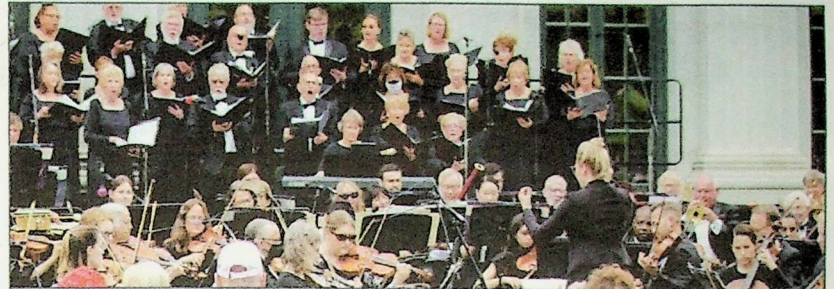
Join us for a celebration of Quincy's Three Performance & Visual Arts Organizations

Annual Pops Concert on the COMMON

Saturday, September 21, 2024

4:00-6:00 p.m.

Hancock-Adams Common



The Quincy Choral Society & Quincy Symphony Orchestra proudly present a combined Pops Concert on the Common. Enjoy a relaxed "Pops" style afternoon with artists from Quincy Art Association who will be on site painting live. You may bring lawn chairs.

After our performance, consider dining downtown or grab some take-out from one of the many restaurants in Quincy Center.

FOOD TRUCKS

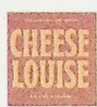


SATURDAY, OCTOBER 5, 2024

NOON - 6 P.M. | CODDINGTON STREET

From Quincy High School to Thomas Crane Library and at the Coddington Building

FOOD TRUCKS!*



DESSERT TRUCKS!*

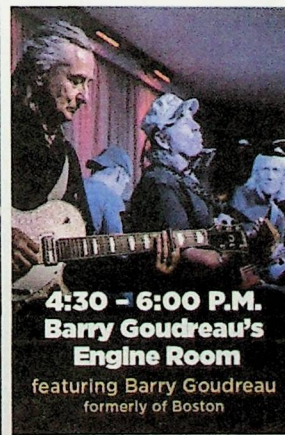
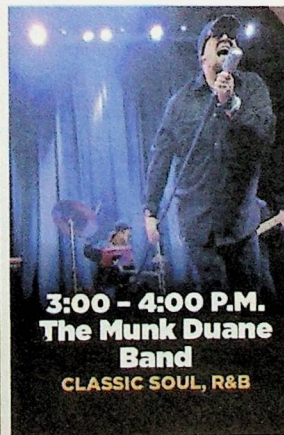
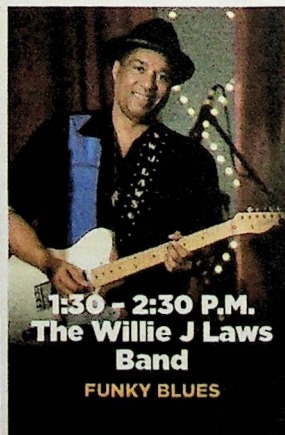
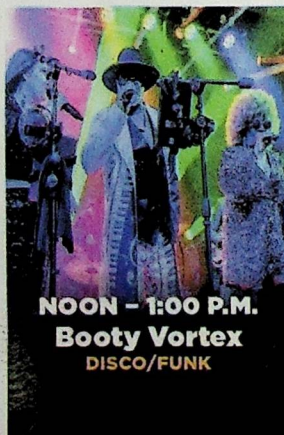


BEVERAGE TRUCKS!*



ALL DAY ENTERTAINMENT!*

ON THE MAIN STAGE



KIDS ENTERTAINMENT

ON THOMAS CRANE PUBLIC LIBRARY LAWN. BRING BLANKETS AND LAWN CHAIRS.

NOON - 12:45 P.M.
PHILIP ALEXANDER
And The WILD THINGS!



1:15 - 2:00 P.M.
STEVIE KIDDING
THE RIDICULOUS MAGICIAN



2:30 - 3:15 P.M.
MATT HEATON & THE OUTSIDE TOYS



3:45 - 4:30 P.M.
GREEN DRAGON
CIRCUS-AERIALIST



4:00 - 6:00 P.M.
DISNEY PRINCESS & SUPER HEROS
SING A LONG



NOON - 4:00 P.M.
KIDS GAMING TRUCK



PRESENTED BY



Visit www.QuincyMa.gov for more details.



Scan here for event details



*SCHEDULED TO APPEAR.

MBTA Provides Details On Braintree Branch Shutdown

By SCOTT JACKSON

The MBTA recently announced plans for alternative service during the upcoming shutdown of the Red Line's Braintree Branch, including fare-free rides on the Commuter Rail and a shuttle to and from Ashmont station.

The closure of the Braintree Branch between Sept. 6 and Sept. 29 will allow crews to repair 18 miles of track between JFK/UMass and Braintree, resulting in the removal of over 20 speed restrictions and improving round-trip Braintree Branch travel times by as much as 27 minutes. These track improvements will also lay the groundwork for the MBTA's goal of raising current Red Line train speeds above current speeds where possible. Kingston, Middleborough, and Greenbush (Old Colony) Commuter Rail line

trains, which run adjacent to the Red Line, will also be replaced with shuttle bus service between South Station and Braintree during the weekends of Sept. 7-8 and Sept. 14-15 to accommodate this critical work.

The MBTA is not currently planning any other subway or Commuter Rail service changes in September, the transit agency said.

During the forthcoming Red Line closure, riders are strongly encouraged to use the Middleborough, Kingston, and Greenbush (Old Colony) Commuter Rail lines for fare-free service between Braintree, Quincy Center, JFK/UMass, and South Station (with the exception of the weekends of Sept. 7-8 and Sept. 14-15). Commuter Rail schedules are available on mbta.com.

Commuter Rail trains

operate about every 20 to 30 minutes and it takes about 24 minutes to travel between Braintree and South Station on the Commuter Rail, the T said. Additional Keolis personnel will be available at Braintree, Quincy Center, and JFK/UMass during weekday morning and evening rush hour periods to answer questions and assist riders boarding Commuter Rail trains. Extra coaches will be added to the Middleborough, Kingston, and Greenbush Commuter Rail lines to accommodate the anticipated increase in ridership.

Riders should note that regular Commuter Rail fares will be collected for travel beyond Braintree, the MBTA added.

The MBTA will also run a free and accessible shuttle bus service that will make stops at Braintree, Quincy

Adams, Quincy Center, Wollaston, North Quincy and Ashmont stations for further connections to the Red Line. The shuttle buses will not run to or from JFK/UMass and riders boarding or disembarking at JFK/UMass should utilize the fare-free Commuter Rail when possible.

Riders who do use the shuttle buses should budget ample extra traveling time. The MBTA suggests a rider traveling from Braintree to Park Street should anticipate their commute will take an extra 40 minutes. Because of the increased travel time, riders are strongly encouraged to use the fare-free Commuter Rail while the Braintree Branch is closed.

While the Braintree Branch is closed, the MBTA will increase subway service on the Ashmont branch to maintain train frequency

through the remainder of the Red Line between JFK/UMass and Alewife. Trains will run on headways of approximately eight minutes on the Ashmont Branch.

During the weekends of Sept. 7-8 and Sept. 14-15, Old Colony and Greenbush Commuter Rail Service will be suspended between Braintree and South Station.

During those closures, accessible shuttles will run directly between Braintree and South Station, stopping only at Braintree and South Station. The shuttle buses replacing Braintree Branch service will be available those weekends for riders wishing travel between Braintree, the Quincy stations, and Ashmont. There will be no shuttle bus service to or from JFK/UMass.

Passengers are advised that bikes are not allowed on shuttle buses and regular

Commuter Rail fares will be collected between Kingston, Middleborough, Greenbush and Braintree stations. Keolis Customer Service Agents, MBTA staff, and Transit Ambassadors will be on site at impacted stations to support riders.

For more information, visit mbta.com/RedLine. Riders can find more information on service changes through in-station signage, in-station public announcements, and at mbta.com/alerts. Transit Ambassadors and MBTA staff will be available on-site to offer information and assistance during these service changes. Riders are encouraged to subscribe to T-Alerts or to follow the MBTA on X (the site formerly known as Twitter) @MBTA, @MBTA_CR, and @MBTA_CR_Alerts for up-to-date service information.

MA Legislature Passes Comprehensive Maternal Health Bill

Cont'd From Page 15

"This is an important step to help ensure all expecting individuals regardless of background or economic status have access to the health services they need. I offer my sincere gratitude to Senator Friedman for her leadership of the committee, each conferee, and our partners in the House for their hard work on this legislation."

The legislation passed creates a state license that certified professional midwives must receive in order to practice midwifery, and requires certain insurance providers, such as

MassHealth, to cover doula and midwifery services including prenatal care, childbirth, and postpartum care. The bill creates the Board of Registration in Midwifery within the Department of Public Health (DPH) to license and provide oversight of licensed certified professional midwives. Licensed certified professional midwives would be required to coordinate emergency care if needed and would also be able to issue prescriptions for certain drugs, under regulations to be promulgated by the Board and DPH. The bill also ensures equitable reimbursement of

certified nurse-midwives by requiring that they receive payment rates equal to those for the same services performed by a physician under MassHealth.

"In so many ways, Massachusetts has been a healthcare delivery leader, but not in maternal health," said Sen. John F. Keenan (D-Quincy). "This comprehensive legislation makes access to appropriate, higher-quality maternal health care easier all across the Commonwealth by removing regulatory barriers, providing broad access to behavioral health services and ensuring that all maternal

health services, including midwifery, are delivered by qualified, well-trained professionals."

"We are committed to expanding affordable healthcare here in Massachusetts," said Rep. Tackey Chan (D-Quincy). "By providing pathways to licensure for midwives and lactation consultants, services will now be eligible for insurance reimbursement. The bill also requires coverage for postpartum mental health screenings, increases access to noninvasive prenatal screenings, and allows residents to use accrued sick time for pregnancy loss. These resources will increase access to quality care and improve maternal health outcomes."

"The health and well-being of families in Massachusetts is always a top priority for legislators," said Rep. Bruce J. Ayers (D-Quincy). "For expecting families across Massachusetts, this legislation ensures high quality midwifery care, greater access to birthing models preferred by families, and stronger insurance coverage to make sure new and growing families get off to a strong start."

To encourage the creation of more freestanding birth centers, which operate independent from hospital systems, the bill requires DPH to promulgate updated regulations governing the licensure of freestanding birth centers to ensure safe, equitable, and accessible birth options.

The legislation also requires that MassHealth cover noninvasive prenatal screenings to detect whether a pregnancy is at increased risk for chromosomal abnormalities for all pregnant

patients regardless of age, baseline risk, or family history. The bill requires health insurers to provide coverage for medically necessary pasteurized donor human milk and products derived from it, serving as a critical source of nutrition for the growth and development of babies, particularly for vulnerable premature infants. To better support new mothers in their feeding journeys, the bill also authorizes the Board of Allied Health Professionals to license lactation consultants to ensure their services are eligible for reimbursement through the patient's insurance.

The legislation passed provides critical support for birthing people and their families during the postpartum period, including requiring DPH to conduct a public awareness campaign about perinatal mood and anxiety disorders, and to develop and maintain a digital resource center that will be available to the public. It also requires that perinatal individuals be offered a screening for postpartum depression and major depressive disorders, and that those services be covered by health insurance plans.

To better address barriers in access to care and reduce racial inequities in maternal health, the bill expands the universal postpartum home visiting program administered by DPH and provides coverage for the program's services.

Additionally, the bill requires DPH to develop and disseminate public information about pregnancy loss to the public and perinatal health care workers to prioritize the physical and mental health care of patients affected. It also requires

DPH to establish a program to conduct fetal and infant mortality reviews (FIMR) to identify social, economic, and systems level factors associated with fetal and infant deaths and inform public health policy programs. The bill also includes a provision that will allow Massachusetts residents to use earned paid sick time in the event of a pregnancy loss.

The bill ensures that the Maternal Mortality and Morbidity Review Committee will have access to essential records required to conduct thorough and timely reviews of maternal deaths and pregnancy complications. This will enable the Committee to formulate comprehensive recommendations to improving maternal outcomes and prevent mortality. The bill also establishes a grant program under the Executive Office of Health and Human Services aimed at addressing maternal mental health. This program will support the establishment or expansion of initiatives serving perinatal individuals, particularly those in underserved populations, to improve mental health, behavioral health, and substance use disorder.

The bill establishes a nine-member task force to study the current availability of, and access to, maternal health services and care, as well as essential service closures of inpatient maternity units and acute-level birthing centers. The task force will identify methods of increasing financial investment in, and patient access to, maternal health care in the Commonwealth.

Having passed both chambers, the bill was signed into law by the governor Aug. 23.

'Houses Of Houghs Neck' Program For Seaside Social Club Sept. 10

The Seaside Social Club of the Houghs Neck Congregational Church, 310 Manet Ave., will begin its 80th year on Sept. 10.

The club was formed in 1945 by young women of the church with three tenants: 1. To share interests of all people, especially children, and to include in our program schedules ways of implementing those interests. 2. To promote friendship and sociability among the members and others in

the community. 3. To share in the financial and spiritual support of the Houghs Neck Congregational Church. Though there have been several name changes, the club remains committed to those ideals.

Membership is open to all women of the community and dues are just \$20 per year. The club meets the second Tuesday of each month - September to December and March to June. Business meetings begin at

6:30 p.m. and the monthly programs begin at 7 p.m. and are generally open to the public.

The opening meeting on Sept. 10 brings back Houghs Neck historian Patti Williams who will talk about the "Houses of Houghs Neck" at 7 p.m. Houghs Neck contains a rich mixture of unique houses: a house that was a hotel, houses that were army barracks and a house made to look like a ship. Some of the houses exist only as photographs or on maps; some are there to see today. Learn about the first house (no longer standing) built in Houghs Neck in the 1600s and what is one of the oldest houses (still standing) in Houghs Neck and more.

The program will run roughly from 7 until 8:30 p.m. and is open to the public. Members, and those wishing to join, will gather at 6:30 p.m. for a brief business meeting.

Eldy's Yoga Resumes Sept. 24 At HN Congregational Church

Eldy's Yoga resumes at the Houghs Neck Congregational Church (lower level), 310 Manet Ave., Quincy, on Tuesday, Sept. 24 (and each Tuesday after) from 1 to 2 p.m.

Cost is \$5 per session.

Eldy's yoga was developed specifically for those over 50 or those with joint issues who might find other forms of exercise difficult.

The sessions can be done entirely from a seated position or can be done standing and seated (no poses that require you to be on the floor). Learn to coordinate your breathing and movement and increase strength and flexibility.

Leading the class will be certified yoga instructor Linda Beck.

Quincy Choral Society Announces New Season

First Rehearsal Sept. 9

In September, Quincy Choral Society will begin rehearsals for its 44th season.

This season will be part of the Quincy 400 celebrations. Each concert will highlight unique and important cultural connections in our city as well as Quincy's place in the founding of our nation.

On Sept. 21, Quincy Choral Society, under the direction of Sarah Labrie, will combine with Quincy Symphony Orchestra to present "Pops Concert on the Common." The "Pops" style program will be held on the Hancock-Adams Common from 4 to 6 p.m. For additional details, visit www.QuincyMa.gov.

The Christmas/holiday concert, to be held in December, continues the tradition of joining with singers from Eastern Nazarene College to perform Handel's beloved oratorio "Messiah."

The March 2025 concert will be about FOOD, with selections from a variety of music genres. In addition to the silent auction, there will

be an opportunity to support our local food bank with donations and to celebrate Quincy's 400th anniversary.

The May concert will be a program devoted entirely to American choral composers, including a new work commissioned by Quincy Choral Society.

Rehearsals will begin at 7:30 p.m. on Monday, Sept. 9 at East Congregational Church on the Quincy-Milton line. Quincy Choral Society is happy to welcome new singers for all four voice parts, especially tenors and basses. There is no formal audition, but the ability to carry a tune and a willingness to practice outside of rehearsals and to learn new musical skills are essential. Though the ability to read sheet music is not a requirement, it will be a helpful tool in learning challenging music like "Messiah." Accompanist Gingy Grimes will be on hand to provide support.

Quincy Choral Society was founded in 1981 for the purpose of bringing musical excellence to the South



QUINCY CHORAL SOCIETY will begin rehearsals for its 44th season Monday, Sept. 9. QCS, under the direction of Sarah Labrie, will combine with Quincy Symphony Orchestra to present "Pops Concert on the Common" Saturday, Sept. 21 from 4 to 6 p.m. on the Hancock-Adams Common.

Courtesy Photo

Shore and the world. In December 2015, the Quincy City Council recognized Quincy Choral Society for bringing music and joy to the City of Quincy for 35 years. The chorus performs locally and has performed in music festivals in Washington, D.C., in Europe, at Carnegie Hall as part of the Masterworks Series, and most recently in Montreal and Quebec. In September 2018, the chorus participat-

ed in the dedication of the Hancock-Adams Common.

Named Quincy Choral Society's sixth Music Director in 2020, Sarah Labrie holds a Bachelor of Music in Music Education from Westminster Choir College. She received both her Master of Music and Certificate of Advanced Graduate

Study in Choral Conducting from Messiah University in July 2021. In March of 2023 she was recognized by the City of Quincy for her contribution to the field of arts and culture in honor of Women's History Month.

Virginia "Gingy" Grimes, a graduate of Duke University, has served as

collaborative accompanist for Quincy Choral Society since 1993. She is pianist for North Quincy and Quincy High Schools. Ms. Grimes also teaches and accompanies at Milton Academy.

For additional information, visit Quincy Choral Society at quincychoral.org and follow the chorus on Facebook.

Quincy Point Congregational Church

Join Quincy Point Congregational Church in keeping holy the Sabbath on Sunday, Sept. 1, at the 10 a.m. worship in the air-conditioned sanctuary at 444 Washington St.

The service will include Holy Communion by intinction and the concluding message of the Epic Summer Meltdown Series, where Rev. Kim will discuss Jesus' many meltdowns and his humanity. Angelina DeCristofaro will serve as the lay reader, with Jeanne Lucas as the soloist. Following the service, everyone is in-

vited to the downstairs Social Hall for fellowship

Save the Date: Welcome Back Sunday Worship and Brunch will be held Sunday, Sept. 15. The Bells will be playing, and the choir will be singing. In preparation, music rehearsals begin the evening of Thursday, Sept. 12. For more details, visit www.quincypointcong.org/music. Come and be a part of QPCC's musical community.

QPCC prioritizes accessibility at the church and there is an elevator on the Abbey Road side of the building

and an "all access" restroom for your convenience.

For those who cannot attend worship in person, the weekly worship service is live-streamed every Sunday at 10 a.m. on the church YouTube, Vimeo, and Facebook pages, as well as on the church website: www.quincypointcong.org. Previous services can also be viewed anytime on these platforms. Additionally, weekly worship service is re-broadcast on QATV channel 8, Sundays at 11:30 a.m. and Wednesdays at 6 p.m.

Massachusetts Gas Prices Down Four Cents

For the fifth straight week, Northeast gasoline prices are down on stable late-summer supply and demand trends. But ongoing Middle East tensions and a spike in oil prices last week could mean the seasonal bottom for pump prices might be near.

Historically, gasoline prices peak in early summer before sliding gradually in the weeks leading up to Labor Day. This year, regional prices have been following

that script. After reaching seasonal highs in mid-July, Northeast gas prices have fallen steadily and are now reaching levels below what drivers were paying through most of March and April, thanks in part to a quieter-than-expected hurricane season so far.

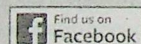
The average gas price in Massachusetts is down four cents over last week (\$3.40), averaging \$3.36 per gallon. Monday's price is 12 cents lower than a month

ago (\$3.48) and 40 cents lower than this day last year (\$3.76). Massachusetts's average gas price is a penny higher than the national average.

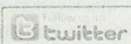
"An escalation in the ongoing conflict in the Middle East sent crude oil prices higher over the weekend and that could slow the pace of price declines here at home," said Mark Schieldrop, Senior Spokesperson, AAA Northeast. "For now, drivers are benefitting from the weeks-long decline in pump prices."

AAA Northeast's Aug. 26 survey of fuel prices found the current national average down six cents from last week (\$3.41), averaging \$3.35 a gallon. Monday's national average price is 16 cents lower than a month ago (\$3.51) and 47 cents lower than this day last year (\$3.82).

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, August 29
6:00pm: Bethany Congregational Church
8:00pm: NQHS vs. Cohasset Football 2023

Friday, August 30
11:30am: LIVE: Currently in Quincy
8:00pm: Messages from the Candidates

Saturday, August 31
12:00pm: Messages from the Candidates
8:30pm: Friends Fridays at RGA

Sunday, September 1
11:30am: Quincy Point Church Good News
1:00pm: The Call

Monday, September 2
12:00pm: NQHS Class of 2024 Graduation
2:30pm: QHS Class of 2024 Graduation

Tuesday, September 3
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, September 4
6:00pm: Quincy Point Church Good News
7:00pm: The Call

Government Access Channel 9

Thursday, August 29
4:00pm: Board of License Commissioners 8/13
5:00pm: Zoning Board of Appeals 8/27

Friday, August 30
8:00pm: Planning Board 8/7

Saturday/Sunday, August 31 & September 1
9:15am: TCPL Events Calendar: The Modernists
11:00am: At the Kennedy Center: Indoor Gardening
2:00pm: Planning Board 8/7
4:30pm: Board of License Commissioners 8/13
5:00pm: Zoning Board of Appeals 8/27
7:00pm: Health Links: Aging Strong: Mosquitoes
10:00pm: Board of License Commissioners 8/13
11:00pm: Zoning Board of Appeals 8/27

Monday, September 2
6:00pm: Home Sweet Healthy Homes
7:30pm: Meet the Musician: Essex Piano Trio

Tuesday, September 3
4:00pm: Board of License Commissioners 8/13
6:00pm: LIVE: Zoning Board of Appeals

Wednesday, September 4
7:00pm: At the Kennedy Center: Indoor Gardening

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Bethany Church Thrift Shop 22 Spear St., Quincy

END OF SUMMER CLOTHING SALE!

\$2.50 New • \$1.50 Gently Used

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Thank you to our generous customers for your continued donations! We accept Cash, Checks, and Debit & Credit cards.

Open Wed. & Sat. 10AM to 2PM • Thurs. 4-7PM



Wollaston Hill Neighborhood Association



Back to School Bubble Party & Movie Night: Friday, September 6th, 5:00-9:00 PM at Safford Park. Bubbles, music, movie, and fun!

Saturdays in the Park: Safford Park concert series with featuring food from Assembly on Hancock, a craft beer garden, and live music each Saturday in September from 2-7 PM.

- Saturday, September 7th: Emily Allyn & SPX
- Saturday, September 14th: Matt Rich & The Rudder Kings
- Saturday, September 21st: Anthony Andronico & Red's Neckas
- Saturday, September 28th: Outahits Records & The Anna Daley Young Band

Christmas Tree Lighting: The 22nd Annual Christmas Tree Lighting at Safford Park Friday, December 6th, 6-7 PM. Hot chocolate, snacks, carols, and fun - In partnership with the Wollaston School PTO.

Quincy College Celebrates Graduates Of New Life Sciences Job-Training Program

Twenty-one Boston residents are ready to enter the state's life sciences workforce after successfully completing a fast-track education and training program at Quincy College funded by a new grant from the City of Boston.

Earlier this year, Boston Mayor Michelle Wu included Quincy College among the first organizations to receive funding from the city's new Life Sciences Workforce Initiative, designed to create career opportunities for up to

400 Boston residents in the state's life sciences industry. In partnership with The Bioprocess Group (BPG), a so-called workforce accelerator organization, the college launched two Biotech Bootcamps, an intensive, four-week curriculum (offered free of charge) that utilized Quincy College's faculty expertise and its state-of-the-art labs and equipment. Upon completion of the program, participants work with BPG advisors to apply for and obtain in-demand industry jobs.

"It's an honor to receive funding to expand a program like ours that has a track record of helping address workforce challenges in the state's life sciences industry," said Quincy College President Dr. Richard DeCristofaro. "We congratulate the first two cohorts of Boston graduates and thank Mayor Wu for recognizing Quincy College and The Bioprocess Group for our ability to quickly prepare Boston residents with the knowledge and skills they need for rewarding careers

in biotechnology, biopharmaceutical engineering, and laboratory and health sciences."

Addressing the graduates, Trinh Nguyen, Chief of Boston's Worker Empowerment Cabinet, praised them as "21 City of Boston pioneers" and urged them to mentor other city residents seeking to follow in their footsteps by pursuing similar life sciences career pathways.

Quincy College's Biotechnology and Good Manufacturing curriculum has been hailed as "a model" and "a success story" by the Massachusetts Life Sciences Center, which has awarded the College nearly \$2 million in grants to support program development. The majority of students enrolled in the program are those of color, and there has been significant growth in



TRINH NGUYEN, Boston's Chief of Worker Empowerment, praised graduates of the Quincy College program as "21 City of Boston pioneers." Courtesy Photo

female and Asian students enrolling in and graduating from the program. More than 90 percent of graduates — whether they earn a two-year Associate's degree

or a 10-month certificate — quickly gain employment in an industry where jobs are readily available and companies are anxious to fill them.

Fellowship-Trained Aesthetic Plastic Surgeon Joins Boston Plastic Surgery In Quincy

Aesthetic plastic surgeon Dr. Alannah Phelan has joined Boston Plastic Surgery located at 2300 Crown Colony Dr., Quincy.

Dr. Phelan is an aesthetic fellowship-trained plastic surgeon who specializes in aesthetic surgery of the face, breast, and body as well as nonsurgical rejuvenation.

She grew up in Massachusetts and received her undergraduate education at Dartmouth College where she majored in biology and minored in biomedical ethics. After a year in Manhattan performing research at New York-Presbyterian and Weill Cornell Medical College, she attended Pennsylvania State College of Medicine where she was inducted into the medical honor society, Alpha Omega Alpha.

Following medical school, Dr. Phelan returned home to Massachusetts to complete a six-year residency in Plastic and Reconstructive Surgery at the University of Massachusetts. In her final year, she was chief resident. She then completed an additional year of fellowship in



Dr. ALANNAH PHELAN

aesthetic plastic surgery at Manhattan Eye, Ear, and Throat Hospital (MEETH), the oldest and most prestigious aesthetic surgery fellowship in the country. The MEETH aesthetic fellowship is esteemed for training experts in facial aesthetics, particularly facelift and rhinoplasty.

Dr. Phelan has received awards for excellence in surgery and has presented award-winning research at national and regional plastic surgery conferences. She is a mother and an advocate for women, dedicating time to clinical research on maternal health outcomes and improving clinical research opportunities for women.

Outside of work, Dr.

Phelan enjoys spending time with her husband, her son Charlie, and her golden retriever Hobbes. She has a lifelong passion for art, both drawing and sculpture.

"Beautiful results begin with a great relationship between patient and surgeon," Dr. Phelan says. "I work with each patient to understand their goals and build a customized treatment plan to achieve them."

"My aesthetic is natural rejuvenation and enhancements that complement each patient's innate beauty. As a surgeon, I offer a confluence of precise modern techniques, meticulous attention to detail, and an artistic eye. Boston Plastic Surgery is a fantastic place to care for patients, with a state-of-the-art surgical suite and an all-star aesthetic team to support our patients through every step of their aesthetic journey."

"It is an honor to help patients become the best version of themselves, because every patient deserves to feel confident in their own skin."

Dr. Phelan can be reached by calling 617-786-7600.

Dr. José Colón-Rivas Appointed VP Of External Affairs At Urban College

Urban College of Boston, a two-year nonprofit college based in Downtown Boston, announces Dr. José Colón-Rivas of Quincy as its Vice President of External Affairs and Strategic Partnerships.

With over 30 years of experience in education, Dr. Colón-Rivas brings a wealth of expertise in areas such as strategic planning, public relations, and government relations. His credentials include a Ph.D. from Penn State University in Curriculum and Instruction and Early Childhood Education, a master's degree in School Administration/Supervision and Curriculum Development, and a bachelor's degree in science and mathematics from the University of Puerto Rico.

During his tenure at Urban College of Boston, Dr. Colón-Rivas has cultivated solid and trusting partnerships through exceptional



Dr. JOSÉ COLÓN-RIVAS

relationship-building skills. Utilizing positive energy and strong interpersonal abilities, he has garnered trust among employees and the community. A central initiative dear to Dr. Colón-Rivas' mission is expanding access to higher education opportunities for community members, aimed at enhancing their skills and establishing career pathways for economic success.

He has spearheaded the development of multiple

pathways in early childhood education programs, leading to industry-recognized credentials. These education pathways empower students to work in the industry while earning their degrees, and partnerships with 4-year institutions enable students to apply their credits toward bachelor's or master's degree.

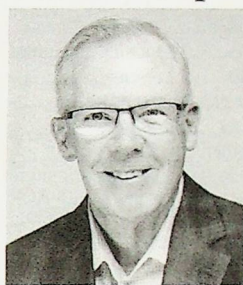
"We are thrilled to promote Dr. Colón-Rivas to our new Vice President of External Affairs and Strategic Partnerships," said President Salomon-Fernandez. "He has admirably and effectively served in his current role. While we will miss him in that capacity, we are confident that his leadership at a higher level at the college will propel us even further. His proven leadership and strategic vision will play a pivotal role in advancing our mission and expanding our impact within the community."

Robert Fraser Chairperson MBA

MountainOne President and CEO Robert J. Fraser was recently elected chairperson of the Mass Bankers Association (MBA), a one-year post which began on July 1.

In welcoming Fraser as the 2024-2025 chair, Kathleen Murphy, President and CEO of MBA said,

"Bob is a demonstrated community partner, and we are thrilled to welcome him to this role," said MBA President and CEO Kathleen Murphy. "We appreciate his leadership for our organization, especially as we



ROBERT J. FRASER

work to continue to support and advance our industry within the Commonwealth."

"I am honored to have been elected to the position of chair by my peers," said

Fraser, who joined MountainOne in 2007 and has served as its president and CEO since 2014. "I truly enjoy working with our members and with the Mass Bankers professional staff team to achieve the strategic priorities for the association."

Fraser noted key focus areas for 2024-2025 include creating greater awareness of the role of banks and their positive impact on communities across the Commonwealth and expanding the association's engagement with the industry's emerging leaders.

READERS FORUM

Quincy Must Work To Save Carney Hospital From Closure

Steward Health Profiteers wrecked havoc with Quincy Medical Center 10 years ago, by giving Quincy a week's notice to close our medical facility. In a very bad deal, made by Quincy administrators, city councillors, legislators and AG Martha Coakley, Quincy was "allowed" an emergency room for a year. Instead of a hospital, Quincy has luxury highrise condos. Not a fair exchange for Quincy residents.

All Quincy patients were then referred to Steward's Carney Hospital in Dorchester. Many Quincy residents still get their care at Carney. Now Carney will be shut down by the Steward predators on August 31st. We must turn this around. Gov. Healey has saved St Elizabeth's hospital in Brighton by taking the land by eminent domain. Why not Carney as well?

Quincy must use its influence to stop the closure of Carney Hospital.

On July 29, Governor Healey said: "It's Steward's decision to close these hospitals. There's nothing that the state can do, that I can

do, that I have the power to do, to keep that from happening."

But on August 16, Governor Healey said: "Our administration is going to seize control of Saint Elizabeth's through eminent domain so that we can facilitate a transition to a new owner and keep this hospital open."

The Governor has used the power of eminent domain to keep St. Elizabeth Medical Center open. That leaves Carney Hospital in Dorchester and Nashoba Valley Hospital waiting to be taken over so they can continue to serve the local populations.

If the State can take one, they can take the other two hospitals. Carney, in Dorchester, services the largest Black and Brown neighborhoods in Boston, and Nashoba Valley services rural areas filled with small towns in central Massachusetts. Health care justice demands we protect our existing health care infrastructure and move boldly forward to improve access to health care for all Massachusetts residents regardless of income or where they

live.

Care delayed is care denied. The people in these communities will suffer immediately if their hospitals are allowed to close. Moreover, Massachusetts cannot afford any more loss of beds and vital services. Other facilities are already stretched beyond capacity. Carney Hospital also provides teaching opportunities needed for our next generation of clinicians. These facilities are not expendable!

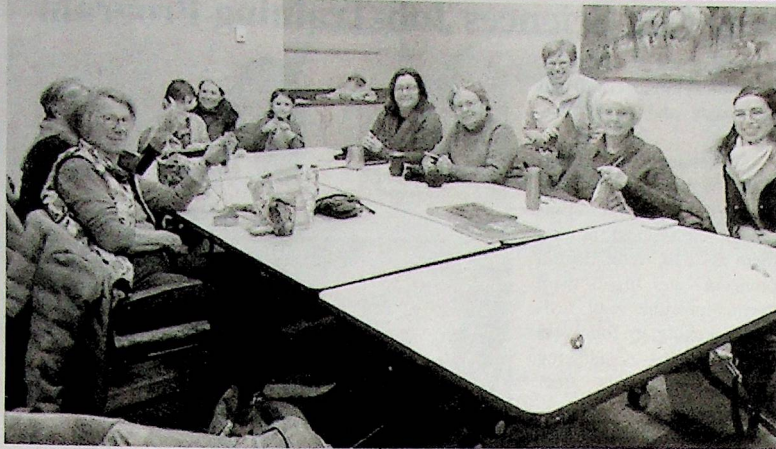
The State already owns and runs Lemuel Shattuck Hospital in Boston, Tewksbury Hospital in Tewksbury, Pappas Rehabilitation Hospital for Children in Canton, and Western Mass Hospital in Westfield. The smart move would be to add Carney and Nashoba Valley to this list.

Take Carney Hospital and Nashoba Valley by eminent domain now. The state has a \$9 million rainy day fund. It is pouring! Let's use that funding.

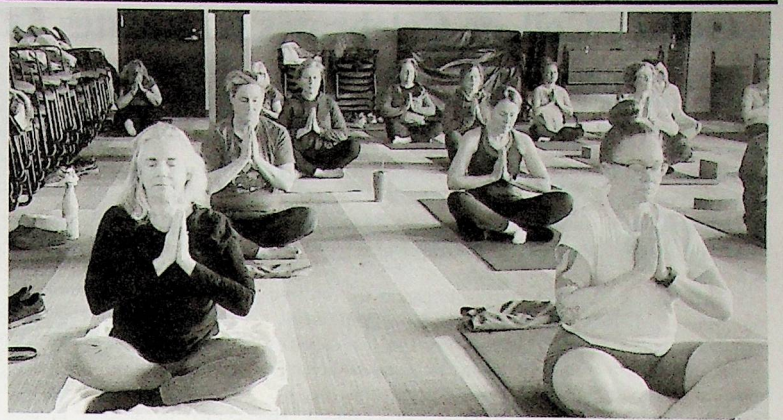
Healthcare for All,

Bonnie Gorman, RN
Quincy, MA

South Shore Medicare for All, 617-472-4498



MILTON PUBLIC LIBRARY'S drop-in Library Knitting Group will meet on Tuesday, Sept. 3, at 7 p.m. and on Saturday morning, Sept. 14, starting at 10 a.m.



THERE WILL BE two yoga classes held in September at Milton Public Library. Chair Yoga with Marianne Zullas will happen on Thursday, Sept. 12, at 3 p.m., in our Keys Community Room. The Adult Yoga class, also with Marianne, will happen this month on Saturday, Sept. 21, starting at 10:30 a.m. *Courtesy Photos*

Fun Events For Adults, Families At Milton Public Library

By JEAN HLADY
Milton Public Library

During the month of September, the Milton Public Library has some great programs scheduled for adults and families to enjoy. We have several ongoing activities you may want to check out.

Our online MA Collaborative Job Series for 50+ series will meet twice in September. There are two Zoom meetings held each month, and they will happen Sept. 4th to discuss "Linkedin" and Sept. 18 to tackle the topic of "Resumes." Both Wednesday meetings start at 9:30 a.m.

If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career," this networking group program is perfect for you. Remember, 85 percent of jobs are found through networking. Join us in a professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills and strategies to help in your career transition.

Each meeting features a new topic. Each biweekly meeting is facilitated by Deborah Hope, MBA, PCIC, an experienced executive career coach. The series is sponsored by the Friends of the Milton Public Library and is managed by the Tewksbury Public Library, with a large group of MA public libraries now participating.

Advance registration is required to receive the Zoom link so sign up here: www.tinyurl.com/library50plusjobseekers. We hope you might join us.

Our **Monthly Movie Night** will happen this month on Wednesday, Sept. 4, starting at 6:30 p.m. in the Milton Public Library's Keys Community Room with the film: "The Boys in the Boat." This movie tells the story of the University of Washington's rowing team and their quest for gold at the 1936 Olympics. It is a compelling and inspiring tale of resilience, determination, and the power of teamwork. This is simply a wonderful story which was directed by George Clooney in 2024. The running time is 123 minutes, it is rated PG-13 for language, and there is no charge to attend. (This follows a Milton town-wide read of the book we did quite a few years ago.) Please come and enjoy an air-conditioned movie.

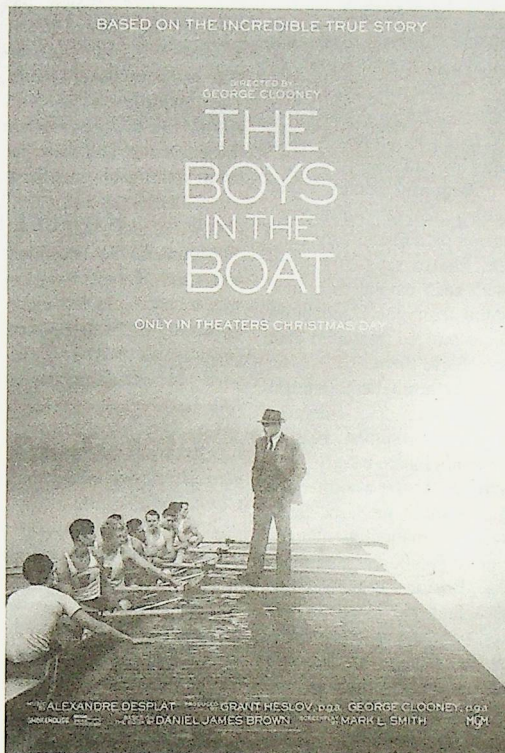
One more ongoing program starting back up this fall is the drop-in **Library Knitting Group**. This is a chance for fabric crafters to come together, share projects, and meet new friends. No sign up is required to attend, so just come to our lower level Conference Room at these twice-a-month meetings. In September the group will meet on Tuesday, Sept. 3, at 7 p.m. and on Saturday morning, Sept. 14, starting at 10 a.m., usually for an hour-and-a-half. Please note that this is not a beginning knitters' instructional session - it is for experienced knitters only. For more information about this program, please go to www.miltonlibrary.org, choose "events" and then click on the dates mentioned here.

Also there will be two **yoga classes** held in September. Chair Yoga with Marianne Zullas will happen on Thursday, Sept. 12, at 3 p.m., in our Keys Community Room. This exercise is recommended for those who may have limited mobility or who may spend long periods in a seated position. Advance sign up is required at www.miltonlibrary.org where you can also learn more about the practice.

And the Adult Yoga class, also with Marianne, will happen this month on Saturday, Sept. 21, starting at 10:30 a.m. (please note new, earlier start time). Again, go to the Milton Public Library website to sign up in advance as space is limited.

In addition, in September, there will also be a **yarn sale** with the Friends of the Milton Public Library on Saturday, Sept. 28, from 10 a.m. to 2 p.m. in the Keys Community Room. Yarns and other knitting notions will be for sale at great prices! To learn more, go to www.miltonlibrary.org.

Milton author Adina O'Neill will come to the MPL in person on Tuesday night, Sept. 10, starting at 7 p.m., in

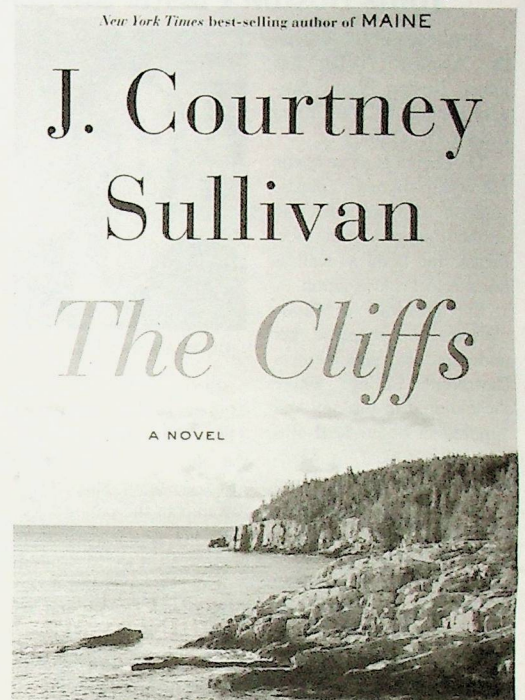


MONTHLY MOVIE NIGHT Wednesday, Sept. 4 at 6:30 p.m. features the film: "The Boys in the Boat."

the MPL's Keys Community Room, to talk about her book called: "Forward Is A Pace - Real Athletes Don't Fit In, They Stand Out (c2024) This program is both an in person sports talk, and a celebration of "ordinary" people, written for all of the unseen, non-traditional, underdog-type athletes - those who are tired of being left out, just because they don't fit society's definitions. Teens are welcome to attend too! Adina draws on her experience as a Head Coach of "Team B*REAL" and a Triathlon Coach, Swim Technician and Fitness Motivator. No advance registration is required. Just come listen to a very inspiring speaker, where copies of her book will also be for sale. Next, there is a fun new book group just for those under the age of 40! Are you under 40 and eager to connect with fellow book enthusiasts? **Boozy Bookworms** might be the perfect fit for you! Facilitated by library staff members Tory Fiske and Micaela Soucy, this book club will meet offsite at Steel & Rye for lively discussions over delicious food and drinks. Please note: attendees are responsible for purchasing their own food and refreshments and we recommend arriving 15 minutes early if you plan to order.

The first meeting will happen on Thursday, Sept. 26, from 6:30 to 7:30 p.m., and we are reading "Anita de Monte Laughs Last" by Xochitl Gonzalez. Search "view catalog" at our website (www.miltonlibrary.org) to request a copy of the book and you must have an OCLN library card to register for the group. Advance registration is required to attend the discussion, so go to our website (click on "events" from the main page to sign up). Questions? Email Tory Fiske at vfiske@milton.ocln.org.

Another book meeting this month with the **Celebrity Book Club** is scheduled for Thursday, Sept. 12, starting at 7 p.m. in the Keys Community Room, with hosts Sally Lawler and Sara Truog. Read what the celebrities are reading! These two staff members will lead you in a fun, relaxed discussion of books recommended by popular celebrities, and this month's pick was recommended by Steven Spielberg. The title is: "The Heaven & Earth Grocery Store" by James McBride. To get a copy of the book, go to the Milton Public Library website and click on "view catalog" from the main page, and advance registration is required to attend the



AUTHOR COURTNEY SULLIVAN will visit the MPL on Tuesday, Sept. 17 to discuss her new book called: "The Cliffs."

discussion. Sign up at <https://tinyurl.com/bdzh86wy>.

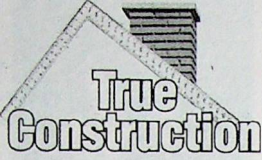
NYT best-selling author **Courtney Sullivan**, who hails originally from Milton, will visit the MPL on Tuesday, Sept. 17, starting at 7 p.m. in the library's Keys Community Room, to tell us all about her new book called: "The Cliffs." This is her latest novel, and it was called "a stunning achievement" by popular fiction author Ann Napolitano. Join Courtney to find out more about this story of family, secrets, ghosts and homecoming set on the seaside cliffs of Maine. Copies of *The Cliffs* will be available for purchase and signing during this event. No sign up is required to attend - just come and enjoy the program.

Our ongoing **Booked for Lunch** group with staff member Sara Truog will happen in the Conference Room on Monday, Sept. 16, starting at 12 noon. In this silent monthly book club, a half hour of socializing and eating lunch together and a half hour of silent reading time is planned. We'll talk about what books we're reading and share our top picks (and maybe the duds too). Participants should bring a bag lunch and a book to read, and this program is for adults only. Registration in advance is also required, visit <https://tinyurl.com/57v97v7s>.

And finally, we are having a **virtual animal talk** called: "Decoding the Mysteries of Cats" with expert Stephen Quant. It's happening at 7 p.m. via Zoom on Tuesday, Sept. 24. This cat program attracts cat owners with behavior questions and is a service to the community. People with cat behavior challenges often have few places to turn and access to a behaviorist for free is very attractive. People always give great feedback to this program and cat lovers really enjoy the opportunity to talk with a professional behaviorist! David Grimm, author of *Citizen Canine: Our Evolving Relationship with Cats and Dogs*, says this about the presentation: "Surprising, informative, and just plain fun! I learned a lot from Stephen's presentation. And that's saying a lot coming from me..." Please register in advance to receive the Zoom link. Visit <https://tinyurl.com/bdzmjk3s>.

All of these events are kindly sponsored by the Friends of the Milton Public Library and are free and open to all. Questions? Email jhlady@milton.ocln.org or call the Reference Department at (617) 898-4964. We encourage you to come visit us - either in person or virtually - this September for an enjoyable program.

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☐ Miscellaneous	

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

Judith B. Kolson, 79

Judith Butler "Judy" Kolson, a longtime resident of Quincy, passed away on Monday, Aug. 19, 2024. She was 79.

She was born in Quincy to Margaret (Daly) and Lawrence Butler and raised in the Merrymount area of Quincy. She graduated from Quincy High School, Class of 1962 and went on to earn her associate's degree in business management at Aquinas College. After earning her degree, she took great pride in being the only woman working in the offices at Model Roland International.

Judy met Peter Kolson, at a Young Democrats dinner in Quincy. On their first date where they decided to drive to NYC for fun, wound up lost and got back home to very worried families at 4 o'clock in the morning. This set the tone for a life of adventure, a bit of chaos and a lot of laughter. Judy and Peter married in 1970. They first settled in Abington where they started a family, having 4 children in Abington and a 5th when they moved back to Quincy. Judy then worked in admitting at the South Shore Hospital for over 20 years. Judy was always active in civic service. She was president and on the board of the Manet Community Health Center for many years. During her time with Manet, she



JUDITH B. KOLSON

made health care centers better by frequently advocating in Washington D.C. She often brought her children on these trips and exposed them to the political workings of government. She was also known as the "Lady with the hats" As Judy was always impeccably dressed from her hats to her shoes with many beautiful suits in between.

Judy had a curiosity that made for a very engaging personality. She loved to sing and dance and tell stories with her husband Peter and encouraged her children to be involved in the performing arts. As a result, her children became fabulous singers and very good storytellers. She was often at the kitchen table with her family and friends, having tea and chatting away the evenings. She truly loved her friends and family, especially her children, grandchildren and great grandchildren.

Beloved wife of 54 years to Peter Kolson of Quincy. Devoted mother to Juliana Lyman and her family in Lexington, the late Kerianne Kolson, Peter Kolson Jr. and his wife Katie and family in Fairport, NY, Margaret Vosburgh and her husband Jordan and family in Blackstone, and Caitlin Briggs and her wife Sarah of Colchester, VT. Loving sister to Maryanne Lencki, Margaret Hanna and Kathleen Butler, all of Quincy and her late brother Lawrence Butler Jr. Adoring grandmother of 10 and great-grandmother of 3. Also survived by many nieces and nephews. Predeceased by her parents, Margaret (Daly) and Lawrence Butler.

Keeping in line with Judy's wishes of NOT having a funeral on a Monday, visiting hours were held Tuesday, Aug. 27th, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:15 a.m. on Wednesday, Aug. 28th, prior to the Funeral Mass in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy at 10 a.m. Burial will take place following cremation on Wednesday, Sept. 4th at 11 a.m. at Mt. Wollaston Cemetery, Quincy. Please see www.Keohane.com for directions and online condolences.

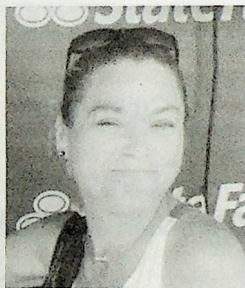
Stephanie J. Tlasek, 44

Stephanie Joyce Tlasek of Marshfield passed away surrounded by her loving family on Friday, Aug. 16, 2024. She was 44.

She was born in Boston to Joanne (Gould) and Robin Tlasek and raised in Holbrook. She graduated from Cardinal Spellman High School and went on to take courses at Quincy College. Stephanie faced many adversities in her life but never let them stand in the way of living and thriving at that. She met life's challenges head on, with a constant and unwavering sense of humor, and always made sure she cared for others as they cared for her.

It was this caring, maternal nature and compassion that made her an excellent nanny and caregiver. She was always sure to instill the importance of trust and everlasting compassion for everything you do and everyone you love.

Stephanie had an adventurous, untamable spirit. Nothing could stop her. She loved to travel wherever she could and especially loved her time spent in Jamaica. Stephanie always gravitated towards the ocean, whether



STEPHANIE J. TLASEK

it was on the beach, a boat or in the water. In the winters, she would take up skiing and yes, she did so with one leg. Her tenacity was something to be admired and it was by her cousins, family and friends.

She was especially crafty and used her passion and creativity to own and operate an online store called The Irish Cousins that sold handmade soaps, body lotions. She loved to be able to not only work with family but to spread love through all the products she made.

Stephanie was a fixture not only in her family but in her community. She always took the time to check in on people, remember birthdays and make everyone she knew feel special.

Cherished daughter of Joanne (Gould) and Robin Tlasek of Marshfield. Loving sister to Robin Tlasek Jr. and his fiancé Agata Malinowski. Beloved niece to Kathleen Gould, Ann Marie and Ted O'Donnell, Candace Burley, John Gould Jr., Michael and Hazel Gould and many more. Adoring cousin to Eileen Joyce, Michael Patrick, Chris Joyce, Liam Michael, Jaci Gynan and many more. Also survived by her lifelong friends, AJ, Papi, Enzo and Tucker.

Visiting hours were held Friday, Aug. 23rd, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Saturday, Aug. 24th, prior to the Funeral Mass in St. Ann's Church, Quincy. Cremation followed.

In lieu of flowers, please consider making a memorial donation in Stephanie's name to the Breakthrough T1D, formerly known as the Juvenile Diabetes Research Foundation. Please see www.Keohane.com for directions and online condolences.

William J. Trifone

William Joseph "Bill" Trifone, age 92, a lifelong resident of Quincy, died peacefully, Thursday, August 22, 2024 in the comfort of his home, surrounded by his loving family.

William was born in Quincy, to the late Nicola and Anina "Annie" (DiNicolantonio) Trifone. Raised and educated there, he was a graduate of Quincy High School, Class of 1949. He was also a graduate of Boston University, Class of 1956. In 1963, Bill earned his Master's degree in Education from Harvard University.

He was employed as a hospital administrator for the former Mass Osteopathic Hospital in Boston from 1983 to his retirement in 1989, and previously served as assistant administrator for seven years.

Bill began his distinguished career as a Social Studies teacher for the Quincy Public Schools from 1956 through 1972, assigned to Broad Meadows Middle School and later at North Quincy High School.

He was proud to have served in the United States Air Force as a Corporal during the Korean conflict.

Active in community affairs, Bill was instrumental in founding the Neighborhood Youth Corps and the first Work Study Program in Quincy.

On Nov. 24, 1964, during the administration of Mayor Amelio DellaChiesa, Bill was appointed chairman of the newly formed "Local Community Action Organization." This resulted in him writing and applying for a Federal Grant which, when approved, developed into Quincy Community Action Programs. As a founding member, Bill



WILLIAM J. TRIFONE

became the first President of QCAP's Board of Directors.

He was active with the Quincy Cerebral Palsy Association for many years and served as President for 11 years. He was also a trustee of the University of New England for nine years.

As a man of faith, Bill was a lifelong parishioner of Saint John the Baptist Church in Quincy, where he served as an usher and made many friendships.

Always wanting to stay active, he enjoyed bowling, golf, tennis, and playing cribbage. Bill was an avid lifelong New York Yankees fan. After retirement, he taught at Quincy College and was a substitute teacher for the Quincy Public Schools. He also took great pride in assisting his daughters, Christina and Lisa, with their candy store, Purefections, and his son, Bill Jr.'s interior design and Hancock Appliance ventures.

Most of all, Bill was devoted to his family, especially his grandchildren and great granddaughters, supporting all their many activities and accomplishments.

Beloved husband for 68 years of Geraldine M. (Oliva) Trifone.

Devoted father of Jean Marie Racicot of Quincy, Nancy

Ann Trifone Seales and her husband Timothy of Easton, William Joseph Trifone, Jr. and his spouse Steven Masker, and John Pasquale Trifone, all of Quincy. Carol L. Upson of Marshfield, and Lisa T. Trifone, Robert Vincent Trifone, Christina Trifone Bartkus and her husband Steven, all of Quincy.

Loving grandfather of Michael J. Racicot and his wife Teresa, Richard M. Upson III and his wife Heather, and Matthew Trifone Bartkus.

Cherished great grandfather of Emma and Stella.

The last of four siblings, he was predeceased by Pasquale J. "Pat" Trifone, Ena DiSalvio, and Nicholas V. Trifone.

Bill is also survived by many nieces, nephews, and their families.

Visiting hours will be held in Saint Joseph Church, 550 Washington St., Quincy, on Thursday, August 29, from 4 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated in Saint John the Baptist Church, 44 School St., Quincy, on Friday, August 30, at 10 a.m. Interment, with military honors, to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in William's memory may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or the Daughters of Mary of Nazareth, P.O. Box 690789, Quincy, MA 02269.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Linda M. Starck

Linda M. Starck of Quincy passed away August 22nd with her loving family by her side. Cherished wife of Michael Starck of Quincy. Loving mother of Nicholas Dragone of Kingston, Leanne Dragone of Abington and Cheryl Ripley of Quincy. Proud Grandmother Alyssa and Caitlynn.

Linda was educated in Braintree. She and Mike married in June of 1983 and resided in Quincy to raise their family. Linda worked for the former Copy Stop in Quincy and J&P graphics in Weymouth retiring in 2005. Her whole world was her family. She considered herself a "homebody." She loved her scratch tickets and playing Slots at the casino. Her real love was for her 2 granddaughters Alyssa and Caitlynn, she worshipped the ground they walked on.



LINDA M. STARCK

Survived by her husband, children and granddaughter.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Tips To Help Adults 65 And Older Get More Physically Active, Avoid Heat-Related Illness

By DR. STEVEN ANGELO
Chief Medical Officer,

UnitedHealthcare Medicare & Retirement, N.E

This summer many parts of the country have already experienced dangerous heat waves, putting older adults, and people on certain medications, such as for diabetes and high blood pressure, at heightened risk for heat-related illness and dehydration.

Despite the soaring temperatures, moving more remains critically important for people 65 and older, who may be at risk for several serious chronic conditions related to a sedentary lifestyle. Because physical inactivity contributes to many chronic conditions, including cardiovascular disease, obesity and diabetes, it can ultimately undermine older adults' health, independence and quality of life.

Recent research has also shown a strong connection between physical inactivity, loneliness and social isolation and early mortality. On the other hand, regular exercise can help you not only feel better physically, but also help combat social isolation and loneliness, help you build relationships and support your mental health and sense of wellbeing. According to a recent study, moderate or intense physical activity has been shown to help reduce severe loneliness and social isolation by 15 to 30 percent. Physical activity has also been shown to help increase feelings of resilience and

purpose and improve people's perception of aging.

For older adults considering ways to work more movement into their daily lives this summer, it's important to take precautions to stay safe and healthy when the temperatures soar – especially if they are taking medications that can increase their risk for dehydration or other conditions.

The good news is, finding ways to work more activity into your daily life does not have to be difficult, expensive or complicated – and it's generally safe with the right preparation. The benefits to moving more are well worth the effort: regular exercise can help reduce or control cholesterol and blood pressure levels, reduce the risk for cardiovascular disease and type 2 diabetes, reduce bone loss, increase flexibility and build and strengthen muscles.

Here are six tips to help you become more physically active in the summer:

1. Set attainable goals that you can build on. Starting small – even if it's just a few minutes each day at first – can help you build the habit of engaging in regular physical activity. Doing a little every day can help you improve your strength, stamina and fitness levels over time.

2. Seize the moment. Physical activity doesn't have to happen at a gym or on a ball court to be healthy. Making small choices throughout the day – from taking the stairs instead of the elevator, walking or biking short distances instead of driving and being sure to get up and move frequently throughout the day to avoid sitting for too long can all help your body's mobility.

3. Watch the weather, understand your medications and stay hydrated. Many people across the country will

face extreme heat during the summer months, which can pose health risks to older adults and people taking certain medications, such as for diabetes and high blood pressure. To avoid overheating, it's important to keep an eye on the forecast and stay hydrated before, during and after exercise, and to understand how each medication you take impacts your body's ability to regulate your temperature and stay hydrated and whether certain medications need to be kept cool to maintain their effectiveness.

4. Warm up, cool down. Taking the time to warm up and cool down, including stretching, is important to avoid injuries and build flexibility. Try to find time to include these steps in your workout when possible and remember to drink lots of water to stay hydrated, especially during the summer months.

5. Invite others to join you. Exercising with a friend can be fun and rewarding. It's a great way to socialize and build friendships and can also be a strong motivator or cause for celebration when you meet your shared goals.

6. Check out resources that may be available. Many Medicare Advantage health plans offer benefits like free gym memberships. For example, most UnitedHealthcare plans provide access to a fitness benefit which includes a free gym membership, access to a national network of gyms and fitness locations; in-person and online events and thousands of on-demand workout videos. Talk to your health plan to see what's available.

For more information, visit www.UHCMedicareHealthPlans.com.

OBITUARY

George T. McGuinness, Jr., 56

It is with heavy hearts and disbelief that the family of George Thomas McGuinness, Jr., 56, of Quincy announce his passing on July 17, 2024.

Born on October 3rd, 1967 in Quincy, MA, George was the son of the late George T. McGuinness, Sr. and Margaret M. "Peggy" (Foley) McGuinness. He was born and raised in Germantown and lived in Quincy, MA all his life.

He spent his career as a floor installer, painter and carpenter. He was truly gifted and talented in his work.

George was an avid sports fan. He was part of the class of 1985 at Quincy High School and a star athlete in football. George is held in the highest regard by all who know him. You can't say his name without hearing "He is one of the nicest guys I have ever met and he has a heart of gold." Rest in the sweetest of peace Geo, you are now in the arms of your mother. May you find peace and comfort there.

He leaves behind his wife Robin (MacInnis), his daughter Brenna E. McGuinness, who has always been his greatest source of pride and the highlight of his life, his three brothers, Jay T. McGuinness, James F. McGuinness and Brendan M. McGuinness and his three sisters, Kathleen



GEORGE T. MCGUINNESS, Jr.

M. (McGuinness) Graham, Kimberly A. (McGuinness) Greene and Susanne M. (McGuinness) Kling as well as numerous, aunts, uncles, cousins, nieces and nephews.

Let's not cry because George is gone... Let's smile because we had him.

Please join us for A Celebration of Life at the Cathay Pacific, 111 Hancock St. in Quincy as we celebrate his short but beautiful life on what would be his 57th birthday, October 3rd, 2024 at 5 p.m.

A graveside ceremony and burial will take place on Saturday, Oct. 5th, 2024 at 11 a.m. at Pine Hill Cemetery on Willard Street in Quincy. We invite close friends and family members to attend.

Funeral Arrangements are under the compassionate care of Hamel-Lydon Chapel. For information and online condolences, please visit hamellydon.com.

'Brushing' Scam Indicates A Serious Problem For Victims

By PAULA FLEMING
Better Business Bureau

Free boxloads of merchandise from Amazon or other companies right on your doorstep! What could be bad about getting the Santa treatment all year long? Plenty!

Better Business Bureau (BBB) warns consumers that this recent scam has a scary downside. You are not the one who hit the jackpot; a scammer is the real winner.

This scam is called brushing, and it has recently been popping up nationwide. Suddenly, boxes of unordered (by the recipient) merchandise from Amazon or other online sellers begin arriving. There is no return address, or sometimes it just appears to come from Amazon or another retailer, and the receiver has yet to learn who ordered the items. The items are varied. For example, in one case, a humidifier, a hand warmer, a flashlight, a Bluetooth speaker, and a computer vacuum cleaner arrived unordered. Often, the items received are lightweight and inexpensive to ship, such as ping pong balls, face masks, or seeds from China.

Why would such merchandise be sent to you if you didn't request it? The companies, usually foreign, third-party sellers that are sending the items are simply using your address that they discovered online. They intend to make it appear that you wrote a glowing online review of their merchandise and that you are a verified buyer of that merchandise. They then post a fake, positive review to improve their products' ratings, which means more sales. The payoff is highly profitable from their perspective.

In a recent BBB Scam Tracker Report, one consumer shared, "A mysterious package was delivered to my home from a person I do not know, without me ordering any such package. When I tried to look up the return address, the search returned 'brushing scam' hits."

Why It's Bad News For You

The fact that someone could have the items sent to you as if you purchased them indicates that they have some of your personal information, such as your name, address, and, possibly, phone number. Once the information is online, it could be used for numerous crooked enterprises.

The fake online review angle is only one way they benefit. By using the brushing scam, they also are increasing their sales numbers. After all, they aren't purchasing the items since the payment goes right back to them. Increased sales numbers, even though padded with fake purchases, look good for the company and help lead to more sales.

Then there is the "porch pirate" angle. There are instances where thieves use other people's mailing addresses and accounts, then watch for the delivery of the package so they can steal it from the door before the resident gets it.

What Can You Do?

• Notify the retailer. Brushing and fake reviews are against Amazon's policies, so contact Amazon Customer Service if this happens to you and the product appears to come from Amazon. They will investigate and take action against the bad actor. Amazon also takes security seriously and encourages customers to report fraudulent purchases or other security issues. If the package appears to come through

another established business, go directly to their website to get their contact information. If you prefer to contact the business by phone, be cautious about searching for support phone numbers.

• Attempt to identify the sender. If you can identify the sender of unordered packages, consider checking for potential false reviews in your name - and ask for the reviews to be removed.

• Check your account for recent orders. Some targets of brushing scams can be deluged with unordered packages, creating a serious problem. If this happens, consider whether to refuse package delivery at your home address and temporarily direct items that you did order to a package acceptance service.

• Change your account passwords. This may be a sign that personal information has been compromised, and to improve account security, keep a close eye on credit reports and credit card bills.

• You are allowed to keep the merchandise. The Federal Trade Commission says you have a legal right to keep unordered merchandise.

• Protect your identity. BBB advises to take all necessary precautions to prevent identity theft. Be careful when entering personal information online, and ensure you use a secure site.

LEGAL NOTICE

NOTICE TO DEFENDANT ANDREA N. CAMPBELL

[Case Caption: Guilford County Courthouse in Greensboro, North Carolina, Gurney L. White d/b/a Majestic Car Care, v. Andrea N. Campbell]

Case Number: 23-CVD-6276

To ANDREA N. CAMPBELL, whose whereabouts are unknown or cannot be ascertained through reasonable diligence:

You are hereby notified that a legal action has been filed against you in the Guilford County Courthouse of Greensboro, North Carolina. The nature of the action is a Complaint for Monies Owed Under a Mechanic's Lien. You are required to appear in or respond to this action within (45) forty-five days after the final publication of this notice.

This notice is being published once a week for three consecutive weeks in The Quincy Sun, a newspaper of general circulation in Quincy, Massachusetts. The dates of publication are August 15, 2024, August 22, 2024, and August 29, 2024.

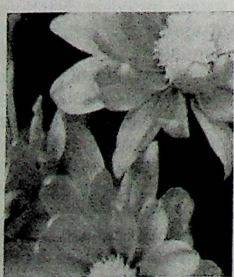
If you fail to appear or respond to this action within the specified time, a default judgment may be entered against you for the relief demanded in the complaint.

For further information or to respond to this action, you may contact the court or the plaintiff's attorney, Attorney Jason Keith of NXTGENLAW Firm at 336-574-0368 or 100 S. Elm St., Suite 110 in Greensboro, North Carolina 27401.

This notice is published pursuant to Rule 4 of the North Carolina Rules of Civil Procedure.

DATED: August 15, 2024.

8/15, 8/22, 8/29/24



Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

MassDOT 11th Annual 'Safe Streets Smart Trips' High School Video Contest

The Massachusetts Department of Transportation (MassDOT) announces entries are being accepted for the 11th annual statewide Safe Streets Smart Trips

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P2136EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Joyce Marie Reynolds
Also known as:
Joyce Reynolds,
Joyce Marie Clark
Date of Death:
7/16/2024

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Vincent Reynolds of Beverly, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Vincent Reynolds of Beverly, MA** and **Brian Reynolds of Beverly, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/25/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 19, 2024
COLLEEN M. BRIERLEY
Register of Probate

8/29/24

high school video contest. This contest encourages students to showcase their understanding of road-way safety across all travel modes to try to decrease pedestrian and bicyclist injuries and fatalities. Per the

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P2337EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Richard William Reynolds
Also known as:
Richard W. Reynolds
Date of Death:
11/12/2023

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Russ V. Reynolds of Lorton, VA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Russ V. Reynolds of Lorton, VA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/25/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 21, 2024
COLLEEN M. BRIERLEY
Register of Probate

8/29/24

contest guidelines, this year students are being asked to write and produce a 30-60 second video emphasizing "Empathy at the Intersection" and on the roadway.

"As part of our mission to deliver an equitable, inclusive transportation network,

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P1417EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Mary A. O'Brien
Date of Death:
08/16/2021

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Anthony L. Matera of Duxbury, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Anthony L. Matera of Duxbury, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/04/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 1, 2024
COLLEEN M. BRIERLEY
Register of Probate

8/29/24

we intend to use every possible tool to stress the need for awareness of personal responsibility to safety on our roads," said Transportation Secretary and CEO Monica Tibbitts-Nutt. "This annual contest gives us and the students who enter an opportunity to create further awareness about the shared responsibility of road safety."

The "Empathy at the Intersection" concept was created by MassDOT to draw attention to the various lived realities of road users, and it was on full display at the Empathy at the Intersection

experiential exhibit at MassDOT's 2024 Transportation Innovation Conference in Worcester, where attendees stepped back from their own commute and participated in different hands-on activities, to experience how vulnerable road users navigate streets.

As an initiative of the Massachusetts Strategic Highway Safety Plan to promote safe walking, bicycling and driving behaviors, the contest is open to all Massachusetts public high school students and features a Freshman/Sophomore category and Junior/Senior category.

Grand prize, runner-up, and honorable mention videos in each category (Freshman/Sophomore and Junior/Senior) will be chosen by a MassDOT panel. Winning videos will be shown Wednesday, Oct. 23, 2024, at MassDOT's annual active transportation conference, Moving Together, where the creators will receive their prizes including \$600 Amazon gift cards for the grand prize videos and \$300 Amazon gift cards for the runner-up videos. Top videos may also be used in future safety campaigns.

To learn more about the Safe Streets Smart Trips high school video contest visit Mass.gov/roadway-safety-video or call 857-383-3807.

Past winning videos can be viewed on the Roadway Safety Video Contest Results page, and on MassDOT's YouTube channel playlist of the 2023 contest winners.

For transportation news and updates visit www.mass.gov/massdot or follow MassDOT on Twitter at [www.twitter.com/massdot](https://twitter.com/massdot).

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Sukhmani Group Inc., doing business as Sher A Punjab, for a change of stock interest (new 100% stockholder, Kashmir Singh), change in officers/ directors and new manager (Kashmir Singh) for the premises located at 1237 Hancock Street. The licensed premises is an 80 seat full service restaurant with bar. A hearing will be conducted at 4:00 p.m. on **Tuesday, September 10, 2024**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

8/29/24

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from CHLM 217 Inc., doing business as Cloud Asian Fusion & Bar, for a transfer of the All-Alcoholic Beverages Restaurant License presently held by TL 217 Inc., doing business as Hundred Miles, for the premises located at 217 Quincy Ave. (Unit D). The premises is a single story restaurant and bar of approximately 2,550 sq. ft. with both bar and dining areas. Proposed manager Wei Cong Mei. A hearing will be conducted at 4:00 p.m. on **Tuesday, September 10, 2024**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

8/29/24

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Lucky Hancock Inc., doing business as Bayao Cafe, for an All-Alcoholic Beverages Restaurant License for the premises located at 429 Hancock Street. Proposed manager Tao Lin. The proposed licensed premises is a street level 1,800 sq. ft. restaurant that will consist of a dining area, kitchen, and restrooms. There is also a lower level with storage and cooler space. A hearing will be conducted at 4:00 p.m. on **Tuesday, September 10, 2024**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

8/29/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services ZONING BOARD OF APPEALS

CASE NO. ZBA-23-85

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, September 10, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Paul Beaulieu for a Variance, Finding and Special Permit/Flood Zone to construct a one level addition to the rear of the existing dwelling in violation of the Quincy Zoning Ordinance 3.4.3 Nonconforming structure, 5.1.8 Table of Off Street Parking and 8.19 Special Permit/Flood Plain Overlay District on the premises numbered 274 Beach Street, Quincy.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

8/22/24, 8/29/24

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO24P2223EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
John J. Whalen
Also Known As:
John Joseph Whalen
Date of Death:
June 16, 2024

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Richard G. Whalen of Randolph, MA.**

A Will has been admitted to informal probate.

Richard G. Whalen of Randolph, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

8/29/24

Hunter Leads Fowler House To Sweep Over Knights

In the Colford Division of the Boston Amateur Baseball League (BABL) Aug. 21, Quincy's senior 52+ baseball team edged the South Shore Knights 2-1 at Adams Field.

Pitcher Jim Keenan went the distance against his former squad, striking out four and holding the pesky Knights to three hits.

Tim Baker drove in the first run to give Quincy an early 1-0 lead. With the game tied, Skip Perham and

Steve DeMarais both singled and advanced on stolen bases, setting up Steve Horn, who lined a single to drive in the winning run.

In the nightcap, pitcher Steve Connolly delivered another strong performance on the mound, while Quincy's SS Rich Sexton, 2/B Perham, and 1/B Steve Higgins converted a couple of double-plays and a pick-off to halt Knights' rallies.

With the game knotted at 1-1 in the fourth inning,

Baker, Sexton, and John Comeau all singled to load the bases for Bob Hunter, who after a storied career at Morrisette Post and under a full moon, cleared the bases. Quincy again loaded the bases in the fifth, as Ed Duff drove in two more runners for the 7-1 win.

With the regular season winding down under its new sponsor, the Fowler House, Quincy is in third place and vying for a home field play-off game. They will host

the North Andover Thunder Wednesday Sept. 4th, first pitch 8 p.m. at Adams Field. [up.com/standings_baseball.asp?url=babl03](http://www.leagueline-up.com/standings_baseball.asp?url=babl03).



BOB HUNTER drives in three runs in Quincy's 7-1 win over the South Shore Knights in Boston Amateur Baseball League action Aug. 21 at Adams Field. *Courtesy Photo*

NOTICE OF PUBLIC HEARING

Notice of Public Hearing

8/25/2024

2024-094

The Quincy City Council will hold a Public Hearing, on Monday, September 9, 2024, at 6:35 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy in reference to a petition from Verizon New England Inc.

MASS ELECTRIC COMPANY AND VERIZON NEW ENGLAND INC request permission to erect and maintain poles and wires to be placed thereon, together with such sustaining and protecting fixtures as said Companies may deem necessary to be owned and used in common by your petitioners, in the following public way or ways:

P5 Maypole Rd Install P5 Maypole to be located approximately 123ft N of P6. New pole is required due to 28 Furnace Brook upgrading electric service and going all electric.

Wherefore they pray that after due notice and hearing as provided by law. It may be granted a location for and permission to install and maintain poles, manholes, ducts and wires, cables. Said poles to be erected substantially with the plan filed herewith marked:-

MASSACHUSETTS ELECTRIC COMPANY and VERIZON NEW ENGLAND, INC.
Plan No. 30968656 Dated 4/26/2024

Also, for permission to lay and maintain underground laterals, cables and wires in the above or intersection

Public ways for the purpose of making connections with such poles and buildings as each of said petitioners may desire for distributing purposes.

Your petitioners agree that space shall be reserved and maintained for the limited purpose of attaching one-way low voltage fire and police signaling wires owned by the municipality or governmental entity of public safety purposes only.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on September 9, 2024, to be entered into the record.

Nicole L. Crispo
Clerk of the Council

8/29/24

NOTICE OF PUBLIC HEARING

Notice of Public Hearing 2024-095

8/26/24

The Quincy City Council will hold a Public Hearing, on Monday, September 9, 2024 at 6:40 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy in reference to a petition from National Grid for gas main location.

National Grid hereby respectfully requests permission to the locations of mains as hereinafter described for the transmission and distribution of gas in and under the following public streets, lanes, highways and places of the City of Quincy and of the pipes, valves, governors, manholes and other structures, fixtures and appurtenances designed or intended to protect or operate said mains and accomplish the objects of said Company; and the digging up and opening the ground to lay or place same:

As part of CIMNRPL National Grid recommends:

The relay of approximately 360 feet of 4-inch, Cast Iron (1908) and approximately 85 feet of 2-inch, Wrought Iron (1908) with approximately 450 feet of 6-inch, Plastic in Winthrop St from the existing 4-inch, Plastic in the intersection of Ratchford St and Winthrop St to end of main at #202 Winthrop St, and the installation of approximately, 235 feet of 6-inch, Plastic in Parkhurst St from #202 Winthrop St to #38 Parkhurst St. and the abandonment of approximately 100 feet of 1.5 inch of steel branch service feeding to the rear of #32 Parkhurst St.

Date: May 29, 2024

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on September 9, 2024 to be entered into the record.

Nicole L. Crispo
Clerk of the Council

8/29/24

NOTICE OF PUBLIC HEARING

Notice of Public Hearing 2024-093

8/26/24

The Quincy City Council will hold a Public Hearing, on Monday, September 9, 2024 at 6:30 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy in reference to a petition from National Grid for gas main location.

National Grid hereby respectfully requests permission to the locations of mains as hereinafter described for the transmission and distribution of gas in and under the following public streets, lanes, highways and places of the City of Quincy and of the pipes, valves, governors, manholes and other structures, fixtures and appurtenances designed or intended to protect or operate said mains and accomplish the objects of said Company; and the digging up and opening the ground to lay or place same:

Due to City of Quincy Water Main replacement, NationalGrid recommends:

Relay 195 feet of 6-inch Cast Iron (1913) gas main in the intersection of Town Hill St and Kent St with 20 feet of 6-inch Cast Iron (1913) gas main in the intersection of Town Hill St and Kent St with 20 feet of 8-inch Plastic gas main.

Relay 680 feet of 6-inch Coated Steel (1960) gas main, 85 feet of 2-inch Plastic (2009) gas main, 5 feet of 2-inch Bare Steel (1915) gas main, 445 feet of 3-inch Cast Iron (1915) gas main, and 10 feet of 4-inch Cast Iron (1911) gas main in Town Hill St from Kent St to Centre St with 190 feet of 8-inch Plastic gas main.

Date: May 29, 2024

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on September 9, 2024 to be entered into the record.

Nicole L. Crispo
Clerk of the Council

8/29/24

INVITATION TO BID

Invitation to Bid

City of Quincy Quincy, Massachusetts

Notice

DUE: September 12, 2024, at 11:00 a.m.

The City of Quincy, acting through the Department of Public Works, is soliciting bids for the purchase of (11) 2024 or newer model year pickup trucks and dump trucks, (4) 2024 or newer model year SUVs, and (1) 2025 or newer model year SUV from dealer inventory, for immediate delivery. The contractor shall conform to the attached specifications.

Equipment shall meet the specifications and be of the latest design and unsold. Equipment must carry a factory warranty. The manufacturer's latest advertising literature and printed specifications shall accompany bids. Upon delivery of the equipment in this bid, the successful bidder will furnish an operator's manual, a parts book, and a service manual.

Bids must state exceptions, if any, the delivery date, and any allowable discounts. Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Bids will be received at the Office of the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169, until **Thursday, September 12, 2024, at 11:00 a.m.**

Firm bid prices will be given first consideration. Bids will be received at the Office of the Purchasing Department until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids delivered by mail or in person will be rejected.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

All inquiries regarding this bid should be directed to Kathryn R. Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Inquiries will be accepted until September 6, 2024, at 12:00 p.m.

The City of Quincy reserves the right to withdraw the Bid; to reject any and all bids; and to accept any bids deemed to be in the best interest of the City of Quincy.

Non-responsive and/or unbalanced bids may be rejected.

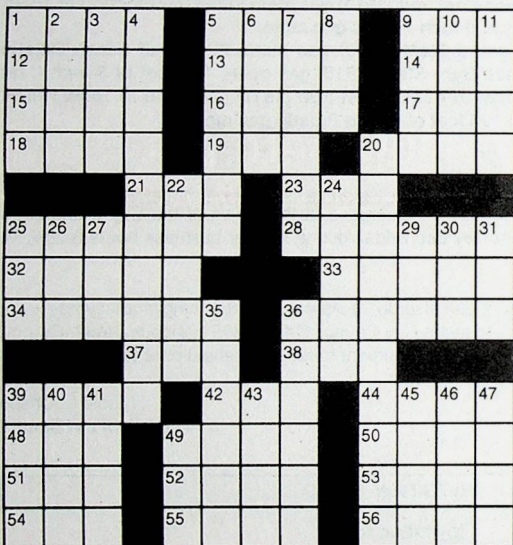
Thomas P. Koch, Mayor
Alfred Grazioso, Commissioner Public Works
Kathryn R. Logan, Chief Procurement Officer

8/29/24

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Costa —
 - 5 Crib cry
 - 9 Gal. fractions
 - 12 Colorado resort
 - 13 Russian river
 - 14 Motor City labor org.
 - 15 Alike (Fr.)
 - 16 Eyelid woe
 - 17 Lyricist
 - 18 Gershwin
 - 19 Santa's runway
 - 20 Sly chuckle
 - 21 Per person
 - 22 British verb ending
 - 23 Right angle
 - 25 Exaggerated pride
 - 28 Affliction
 - 32 Look of disdain
 - 33 Edition
 - 34 Agreed silently
 - 36 Goddess of wisdom
 - 37 Half of bi-
 - 38 Mont. neighbor
 - 39 Army transport
 - 42 Cagers' gp.
 - 44 Till bills
 - 48 Internet address
 - 49 Eye drop
 - 50 Bryant of hoops fame
 - 51 Three, in Rome
 - 52 Saharan
 - 53 Japanese noodle
 - 54 Computer key
 - 55 Pixels
 - 56 Cooped (up)
 - 8 Ginger —
 - 9 Witticism
 - 10 Poi base
 - 11 Trade
 - 20 #1 Elvis Presley song
 - 22 Ambulance sound
 - 24 Non-clergy
 - 25 QVC alternative
 - 26 Popular card game
 - 27 Nap site
 - 29 Enzyme suffix
 - 30 Press for payment
 - 31 Verily
 - 35 Moolah
 - 36 Prizes
 - 39 Burlap fiber
 - 40 Messes up
 - 41 Power co. supply
 - 43 Lure
 - 45 Central point
 - 46 Black, in verse
 - 47 Dispatched
 - 49 Smidgen
- DOWN**
- 1 KOA patron
 - 2 Shakespeare villain
 - 3 Pisa farewell
 - 4 Super-motivated
 - 5 Urges dogs on snow
 - 6 Museo display
 - 7 Chaos



PRINCE VALIANT CHARACTERS

C Z W T Q N K I F C Z W U R P
D M S J H E C Z X R D U S Q N
L E I J G E C Z A U I X V T R
P N R L J H C U E H R C A Y W
V T G D N O G R P T G N L K I
G E A C R A B Z N R N A L A G
X W W M G O H U E A I S R T R
P O A N M L M T R J L N I E G
E C I D B A Y F A X R W N L U
T K N O G I L S K N E V E A M
S Q P O N U L K J H M G F D V

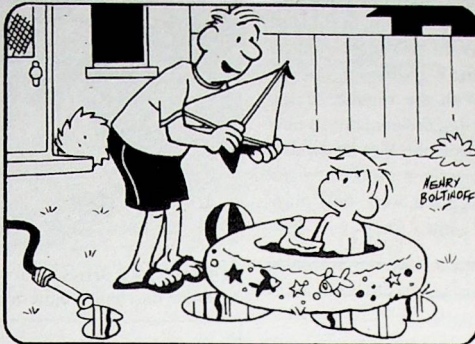
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: KING OF THE ROUND TABLE

Aleta	Ingrid	Merlin	Sligon
Arn	Karen	Mordred	Ulfran
Cornac	King Aguar	Nathan	Vanni
Galan	Maeve	Sir Gawain	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Ball is moved. 2. Sailboat flag is moved. 3. Puddle is added. 4. Hose is moved. 5. Window is wider. 6. Stripe on shorts is moved.

Trivia test

by Fifi Rodriguez

- TELEVISION: Who was host of the "Good Eats" cooking show?
- GEOGRAPHY: Which nation's nickname is "Land of Fire and Ice"?
- MUSIC: What was the title of Madonna's first Top 10 hit?
- MOVIES: What does the acronym AT-AT refer to in the "Star Wars" movie series?
- LITERATURE: Which famous entertainer started a children's book-giving program called the Imagination Library?
- ANIMAL KINGDOM: Which bird's eye is larger than its brain?

- U.S. CITIES: Which U.S. city's nickname is The District?
- HISTORY: In which modern country is the ancient civilization of Babylon located?
- GENERAL KNOWLEDGE: How many articles are in the U.S. Constitution?
- AD SLOGANS: Which rental platform's slogan is "Belong anywhere"?

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Wishing Well®

7	5	7	5	2	4	7	4	3	4	5	4	5
F	S	O	T	F	C	R	E	B	L	A	E	R
2	7	2	4	2	7	4	7	2	5	4	2	6
U	G	N	B	T	I	R	V	I	T	A	M	J
4	2	3	6	5	8	6	4	6	4	2	7	4
T	E	E	O	N	B	Y	E	F	L	S	E	I
7	8	4	5	4	5	4	8	2	8	2	7	5
O	E	V	E	I	W	N	S	A	P	H	T	P
4	7	8	2	6	5	8	7	6	5	7	2	6
G	H	O	E	R	R	N	E	O	O	R	A	M
2	8	3	5	3	6	7	3	5	6	8	6	3
D	T	O	J	R	P	S	I	E	E	A	T	G
8	5	3	5	3	6	5	8	3	8	3	8	8
N	C	I	T	N	S	S	E	A	O	L	U	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) A relationship with a family member needs attention. Try to be less demanding and more accommodating. A kind approach encourages openness and honesty.

TAURUS (April 20 to May 20) Sometimes Cupid doesn't score a perfect bull's-eye for romantic Bovines. But don't give up; he's got another arrow pointed in your direction, and this time, he won't miss.

GEMINI (May 21 to June 20) Being cool is still the right way to handle a heated situation. Deal with things as they occur. Agitating over problems that might not happen just drains your energy. Be positive!

CANCER (June 21 to July 22) This is a good time to restart those workplace projects that you've put off for too long. Then make plans to spark up your love life with a romantic weekend getaway.

LEO (July 23 to August 22) A jealous co-worker might try to goad you into losing your temper. But instead of reacting with an angry roar, just purr happily away as if nothing is bothering you.

VIRGO (August 23 to September 22) Resist the impulse to confide in people you don't know too well. What you said in confidence could soon come back to haunt you. Be very careful.

LIBRA (September 23 to October 22) A family member calls from a far-off place

to give you some startling information. What you do with this news could lead to some changes in your life.

SCORPIO (October 23 to November 21) You're beginning to feel more confident about making decisions than you have for some time. But you still need to know the facts before making a move.

SAGITTARIUS (November 22 to December 21) Some surprises this week are fun, while some are upsetting. Enjoy the fun and handle the rest by getting all the facts before deciding how to react.

CAPRICORN (December 22 to January 19) Your belief in traditional values might be tested by a loved one's startling revelation. Expect to do some deep soul-searching before finding your answer.

AQUARIUS (January 20 to February 18) You usually prefer to let unpleasant things work themselves out, but this time, you might want to confront the situation and take action to deal with it.

PISCES (February 19 to March 20) You will soon mark an important milestone in your life. The event will reunite you with people from your past, including someone you thought you'd never see again.

BORN THIS WEEK: You have a natural gift for inspiring people to come together and create wonderful, loving friendships.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

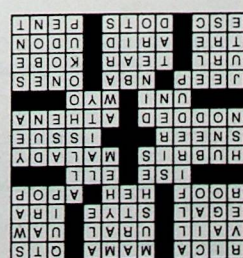
Clue: M equals S

JUC HOR AOVJRM, UVRM HZL
MQHLRM DVFFVZ YARFM YZ
ZVBRIM HZL FVBYRM?
AURC'OR QIVA LRBYDRM.

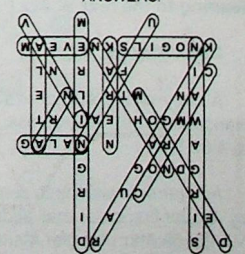
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King Crossword — Answers

Solution time: 21 mins.



Magic Maze ANSWERS:



HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — In 2017, Zendaya made her film debut in "Spider-Man: Homecoming" (an \$880 million box-office gross), followed by "The Greatest Showman" (a \$462 million gross), and topped by "Spider-Man: Far From Home" (a \$1.133 billion tally). Even though "Dune: Part Two" made \$711.8 million, she couldn't carry "Challengers," which grossed \$94.2 million against its \$55 million cost. But season three of her HBO series "Euphoria," with Jacob Elordi, plans to resume production in January. She's currently filming "The Drama," opposite Robert Pattinson. Oh, and she and hunky, young Spider-Man Tom Holland are hot and heavy out of the web, too!

Whenever she was asked about writing a memoir, Liza Minnelli has often said, "Tell it when I'm gone!" But she has since capitulated and will now write her story alongside longtime friend Michael Feinstein. But why now? She admits it's because of "a sabotaged appearance at the Oscars, in front of billions of people...a film with twisted half-truths...[and] a recent miniseries that just didn't get it right." She said they were "all made by people who didn't know my family and don't really know me." Minelli explained, "Finally, I was mad as hell! Over dinner one night, I decided, it's my own damn story...I'm gonna share it with you because of all the love you've given me." And why'd she choose Feinstein? "We've been joined at the hip for 40 years," she confessed. "As an Ambassador of the Great American Songbook and my absolute favorite collaborator, Michael's one of the greats. He's razor-sharp, and he tells the truth." Minnelli is an EGOT (perform-

ers who've won an Emmy, a Grammy, an Oscar and a Tony) — something her mother, the immortal Judy Garland, never achieved.

"Saturday Night Live" celebrates its 50 years anniversary with a film based on the night the show premiered. It will be written and directed by Jason Reitman. His father, Ivan Reitman, produced and directed "Ghostbusters," (1984), which featured many former "SNL" cast members. Jason wrote two successful "Ghostbusters" sequels — "Afterlife" (2021), which he also directed, and "Frozen Empire" (2024), which he also produced. The film "Saturday Night" features a cast of unknowns (except for Willem Defoe as David Tebet and J.K. Simmons as Milton Berle) and will recreate the chaos of that special premiere night. It's due on Oct. 11.

Kevin Costner's "Horizon: An American Saga — Chapter 1" grossed \$34.3 million worldwide, and "Chapter 2" of the four-part saga will screen out of competition on Sept. 7 at the Venice Film Festival. Sam Worthington, Sienna Miller, Jena Malone and Danny Huston are back in their saddles.

Former Superman Henry Cavill had to inhale cigar smoke for 8 hours while filming his cameo for "Deadpool & Wolverine" as Cavilline, a Wolverine variant. Director Shawn Levy remembered, "[He] kept that cigar lit and in his mouth for the entirety of the shoot day. I remember hearing the next day that Henry got sick to his stomach because he had been inhaling cigar smoke for 8 hours straight, but never once did he waver." Sounds like Superman's found his earthy kryptonite!

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		+		= 19			
+		-		-				
	+		×	2	= 22			
÷		×		×				
	+		+		= 13			
=		=		=				
14		6		18				
1	2	3	4	5	6	7	8	9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Antique glass — Identifying antique glass isn't always easy. If you're lucky, a piece may be marked, like this Phenomen vase, which is signed "Loetz Austria" on its pontil (the spot on the base where the blown molten glass was attached to a pontil for shaping).

Proof of its maker, not to mention its complex shape and silvery iridescent sheen, brought its price to \$4,940 at a Rago/Wright auction. But glass isn't always marked. While it can take an expert to authenticate glass, it's helpful to be able to recognize some of the characteristic shapes and colors made by particular glassmakers.

Loetz received patents for iridescent glass in 1895 and 1896, shortly after Tiffany launched the fashion with its famous Favrite glass. Loetz produced several lines of iridescent glass, and Phenomen was its triumph, winning a Grand Prix award at the Paris Universal Exposition in 1900. It combines the beauty of iridescence with the technical expertise required to create its organic shapes and silvery pulled threads.

Q: I inherited some ivory from my grandmother. I know there are lots of restrictions and regulations on selling or trading ivory. I was pointed to you to see if you can help. I'm not looking to keep it.

A: Federal laws concerning ivory have been amended over time, and state laws can vary. Check with the U.S. Fish and Wildlife Service (www.fws.gov) and your state's department of fish and wildlife for the current laws. If you want to sell your ivory, you may need proof of what

type of animal the ivory came from. An appraiser, an auction house that sells ivory, or an art or natural history museum in your area may be able to help. You may also need to know and be able to prove the item's age, or have documentation, like a dated photo, that shows when it was originally acquired or how long you have had it.

TIP: Be sure that any restorer, refinisher or upholsterer working on your antique is insured.

CURRENT PRICES

- Game, carnival, "Game of Fortune," bicycle wheel, red, yellow, blue, painted, 48 x 33 inches, \$255.
- Sampler, needlework, verse, red brick manor house, black feathered bird, plants, flowers, birds, animals, frame, Jane Adey, England, 1829, 20 x 17 inches, \$295.
- Medical, cabinet, optical, four drawers, castor feet, Optical Cabinet Co., Babylon, N.Y., contains 80 pairs eyeglasses, 32 x 23 1/2 x 17 inches, \$360.
- Pewter, bowl, lid, figural, fish, scale texture, three red stones, oval interior, oval stand with side bail handles and round foot, marked, Chinese Export, 6 x 15 1/2 x 8 inches, \$375.
- Lalique, perfume bottle, Papillon, allover molded butterflies, frosted, gourd shaped, triangular stopper, signed, R. Lalique, 4 1/2 x 3 1/2 inches, \$610.
- Rug, Persian, allover horseback riders, midnight blue field, brown and cream border, silk, hand tied, 7 feet x 4 feet 8 inches, \$1,300.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

by Terry Stickels

Can you replace the symbols with numbers so that the sum of each row, column and the diagonal add up to the number at the end of each?

●	○	○	■	38
○	●	■	□	36
□	○	○	●	34
□	○	●	□	32
32	36	38	34	38

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Strange BUT TRUE

• Have you ever thought that your dog's feet smell like corn chips? If so, you're not alone. In fact, the term "Frito Feet" was coined to describe the scent!

• The fastest knockout in pro boxing history occurred when Mike Collins floored Pat Brownson with his first punch and the match ended a mere four seconds after the bell.

• A person who enjoys doing crossword puzzles is called a cruciverbalist.

• Nestor Carbonell's portrayal of Richard Alpert on the hit TV series "Lost" led to an internet debate as to whether the actor was wearing eyeliners.

• During the Gemini IV missions in 1965, James McDivitt and Edward H. White were the first astronauts to have reportedly smuggled chewing gum into space without permission.

• On average, people in India spend 10 hours and 42 minutes a week reading, the most time of any country on Earth.

• Thumbs have their own pulse.

• The ringing of church bells at weddings can be traced to the Celtic heritage of Scotland and Ireland, when they were used to ward off evil spirits and grant wishes to the newlyweds.

• In 1965, Johnny Cash's younger brother, Tommy Cash, released a song titled "I Didn't Walk the Line."

• Upon hearing that the Great Fire of London might destroy his house, English diarist Samuel Pepys took care to bury his most prized possessions in his garden — including a wheel of Parmesan cheese.

• Ravens in captivity can learn to talk better than parrots.

• When your "inner voice" speaks in your head, it triggers small muscle movements in your larynx.

• Each year, 40,000 tons of space dust settles on Earth.

Thought for the Day: "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." — Marcel Proust

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Now here's a tip!

by Jo Ann Derson

• The best way to cook leafy, green veggies such as spinach and kale, is to stir fry them in just the water left over from rinsing. It works very well to steam them, and adds no fat!

• Keep track of capacity and dimension of your cookware by using a permanent marker to notate the specifications on the bottoms of each baking container you have. This way, when a recipe calls for a 13-by-9 baking dish or a 2-quart casserole dish, you can easily tell which one you need. This is especially important if you don't spend a lot of time cooking.

• "When you need to crush nuts or a cracker for crumbs, you can use a small can of soup to crush these in a plastic bag. This is for when you don't have a rolling pin." — J.R. in Virginia

hamper, place a single sheet of fabric softener in the bottom of your laundry closet or in the hamper itself.

• "To keep sauces from splattering and dirtying the inside of your microwave, cover the food with a damp paper towel or a coffee filter." — E.C. in Utah

• "Unload the bottom rack of the dishwasher first. This way, you won't wet the dishes on the bottom if any pooled water on the top shelf spills. I thought everyone did it this way, but then my boyfriend thought I was such a genius that I figured I would share this hint with others!" — via email

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Go Figure!

answers									
14	9	14							
13	6	+	8	+	1				
	×	×	×	×	+				
22	2	×	5	+	9				
	-	-	-	+					
19	4	+	7	+	8				

12 = ●

8 = ○

9 = □

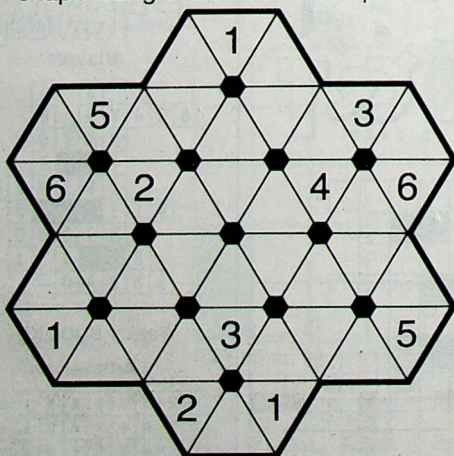
01 = ■

Sticklers Answer

SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



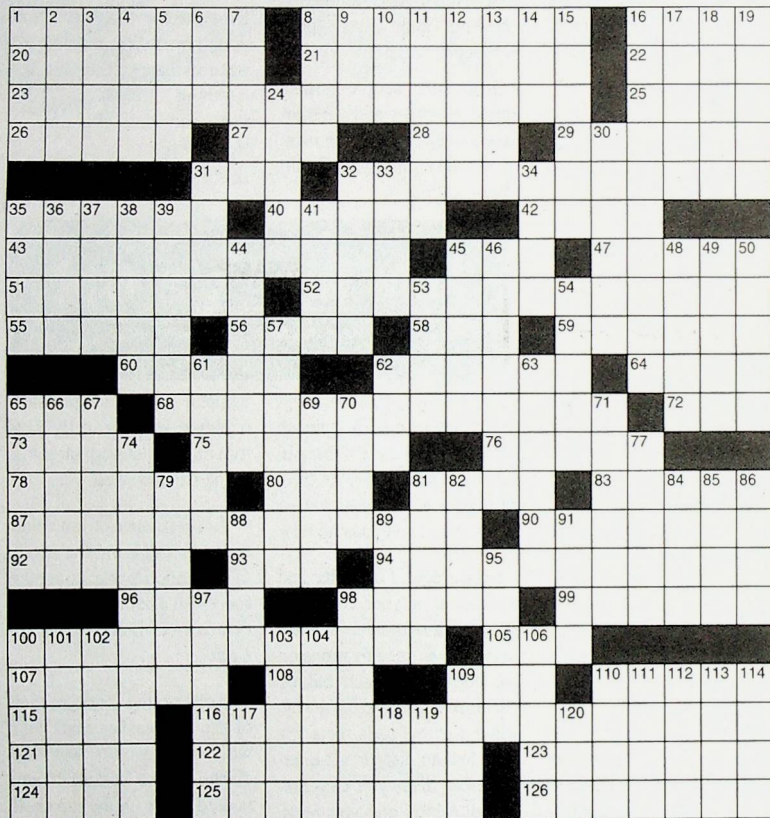
DIFFICULTY THIS WEEK: ◆◆◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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Super Crossword THE ROD SQUAD

- ACROSS**
- 1 It's removed from skim
8 Guitar's cousin
16 Nautical mop
20 Be cautious
21 Conditionally free, in a way
22 Rock's ZZ Top, e.g.
23 Building full of periodicals for soldiers?
25 Outer edges
26 Cursed
27 Takes too much, in brief
28 Moose cousin
29 Fries lightly
31 Unit of work
32 Body of water on which there are frequent haircutters' cruises?
35 Not sinking (wiscacres)
40 Smart —
42 Safecracker, informally
43 Hailstorm on the highway?
45 Deg. from MIT Sloan
47 "Anaconda" director Luis
51 Savoir faire
52 Dumbbell selling for half off?
- 55 1950s-'70s defense gp.
56 Weapon in a boxing ring
58 MGM motto
59 Deliver, as a verdict
60 Politico Hatch
62 "Sure thing, gov'nor!"
64 "Sommersby" star Richard
65 Cleo's snake
68 World's best singer of Venetian gondoliers' songs?
72 Born, in Brest
73 South African Dutch
75 First name of Dr. Oz
76 Cereal grass disease
78 Quick on the uptake
80 Many eras
81 — Seltzer
83 Suggest
87 Sticking the singer of "White Christmas"
90 Tell the story of
92 Certain building brick
- 93 Guitar's cousin, for short
94 Actress Brigitte playing a Bohemian dancer?
96 "NFL Live" ailer
98 Disconnect
99 Sailor's "Roger!"
100 16-ounce drink from a Starbucks next to a bodega?
- 105 Quick on the uptake
107 "No idea"
108 Frozen cubes
109 Gloomy —
110 Tent securer
115 Unleavened cornbread
116 One-wheeled cart carrying supplies for a toga party?
121 Guitarist
122 Dining places
123 Perfume
124 Marina fixture
125 Area with bad reception
126 Frankfurters
- DOWN**
- 1 Relatives of zinnias
2 Caesar's "vidi," in English
3 Certain building brick
4 1980s Chrysler
5 Unnerve
6 Jackie's hubby #2
7 Choir male
8 Irate crowds
9 Ortiz of "Kristin"
10 "Ask Me Another" ailer
11 Risk-taking types
12 Toothbrush brand
13 Actress Sondra
14 Type
15 Moniker of a loch monster
16 Having a hard time
17 Judges' orders
18 Singer Mann
19 — nova
24 Artist Degas
30 "Gemini Man" director
31 Capt's guesses
32 Sired, biblical-style
33 Aspire PC company
34 "French Kiss" co-star Meg
- 35 Pooch barks
36 — gras (goose-liver paste)
37 Singer — Del Rey
38 Keats' — Autumn
39 Soak up
41 Test centers
44 Shoot again, as a gun
45 Mother of Bart Simpson
46 Capital of Kyrgyzstan
48 Witty Nash
49 — Khan ("The Jungle Book" tiger)
50 "If — falls in the forest..."
53 Author Sheehy
54 Incorrect
57 Restrained
58 Noodle soup
62 Turn sour
63 Capital of Albania
65 Addis — (capital of Ethiopia)
66 "What a pity!"
67 — Canada (oil brand)
69 Love, to Luigi
70 City near Lake Tahoe
71 Become silver-haired
- 74 Gawk
77 — Haute
79 Links (with)
81 Higher than
82 Country rocker Lovett
84 "I did it!"
85 "This is not —" (warning label)
86 Head, in Nice
88 — ho (keen)
89 Raced
91 Blind as —
95 "Sauer" topping
97 Vanished, informally
98 Villains' looks
100 Two-legged beast
101 Love a lot
102 Of an ancient alphabet
103 Ranch rope
104 Made believe
106 Amp (up)
109 Main idea
110 Curing stuff
111 Trampled
112 Mythical ship
113 Donkey or Hong follower
114 Some sheep
117 "Norma —"
118 Put a tear in
119 — noir
120 Ghostly cry



celebrity extra

by Dana Jackson

Q: Was Keke Palmer ever a child actress? I know she had a music career when she was younger, but what about acting? — B.Y.

A: Yes, Keke Palmer, who was born in 1993, started out with a very successful acting career by the time she was just 13 years old. She first had a role in the movie "Barbershop 2: Back in Business" before landing Tyler Perry projects like "Madea's Family Reunion" and "House of Payne." However, it was a starring role in the film "Akeelah and the Bee," opposite Angela Bassett and Laurence Fishburne, that earned her the respect of critics. She's also gone the traditional child-actor route on Nickelodeon, with shows like "True Jackson, VP," but she eventually graduated into a successful movie career as an adult ("Hustlers" and "Nope").

Q: Is it true that "The Librarians" is returning as a series? Will Noah Wyle star in it again? — J.C.

A: Noah Wyle's best-known role outside of playing Dr. Carter on the massive hit "ER" is the role of Flynn Carsen in a series of movies and, subsequently, a TV series called "The Librarians." In addition to Wyle, the series also starred Rebecca Romijn

("X-Men") and Christian Kane ("Angel"), as well as beloved television veterans John Larroquette ("Night Court"), Bob Newhart ("Newhart") and Jane Curtin ("Kate & Allie").

Their fans haven't forgotten the franchise, so when it was announced last year that the CW network was reviving it in a new sequel series, they were thrilled. However, "The Librarians: The Next Chapter," which features a new, young cast (alas, minus Wyle), was originally picked up for the upcoming fall season with a premiere date of Oct. 24. But recently, a report came out that it will not be part of the CW's fall schedule.

Instead, according to "Deadline," an eight-part reality series called "The Wranglers" that explores "the world of professional cowboys and cowgirls on a Montana dude ranch" will debut in its place. Heather Olander, head of unscripted programming for the CW Network, explained what inspired the show: "Fans love the drama of the bunkhouse on the scripted hit 'Yellowstone,' and now we're bringing it to life in this series."

As for "The Librarians: The Next Chapter," hopefully, it will find a spot on the network's winter schedule in 2025. Fortunately, Wyle has a new project up his sleeve. He's set to produce and star in a new medical drama series on Max titled "The Pitt," which reunites him with "ER" showrunner John Wells.



Actress Keke Palmer ("Hustlers" and "Nope")

Depositphotos

Q: I'm happy that "Good Morning Football" is back on weekday mornings, but why isn't Jason McCourty back? — K.E.

A: The NFL Network's highly entertaining morning sports show "Good Morning Football" relocated from the Big Apple to Inglewood, California — home of the SoFi Stadium. Its four hosts had to make a choice whether to uproot their families to the West Coast, and all but Jason McCourty accepted the move. Meanwhile, McCourty and his twin brother, Devin, who is also a former NFL player, are part of the preseason broadcast team for the New England Patriots.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

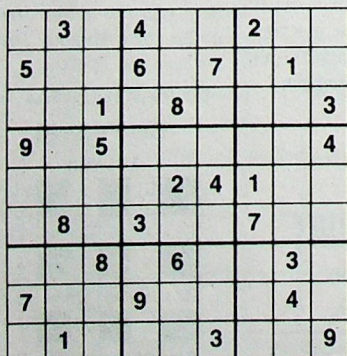
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------|-----------------|-----------------|-----------------|
| 1. Sunny day cap | B _ _ _ _ _ | Bard's poem | S _ _ _ _ _ |
| 2. Goofy | _ I _ _ _ _ | Who Harry met | _ A _ _ _ _ |
| 3. Unadorned | _ _ _ _ _ N | Tartan print | _ _ _ _ _ D |
| 4. Brandish | W _ _ _ _ _ | Concede | Y _ _ _ _ _ |
| 5. Klondike driver | _ _ _ _ _ H _ _ | Assemble | _ _ _ _ _ T _ _ |
| 6. Clothes room | _ _ _ _ _ T | Nearer | _ _ _ _ _ R |
| 7. Hut | _ _ _ _ _ A _ _ | Electrical jolt | _ _ _ _ _ O _ _ |
| 8. Meddle | _ A _ _ _ _ | Bad humor | _ _ _ _ _ E _ _ |
| 9. Las Vegas bet | W _ _ _ _ _ | Fervent | E _ _ _ _ _ |
| 10. Law officer | _ _ _ _ _ C _ _ | Gracious | _ _ _ _ _ T _ _ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

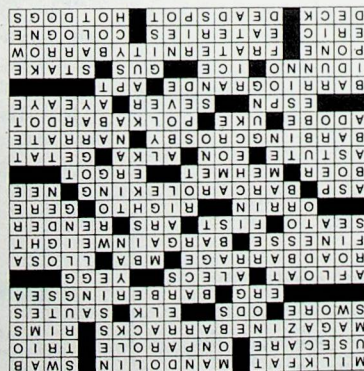
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers

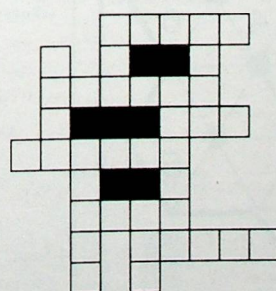


Even Exchange answers

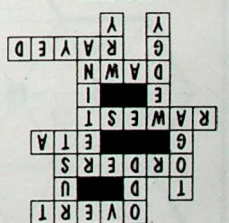
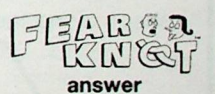
- | | |
|-------------------|-------------------|
| 1. Bonnet, Sonnet | 5. Musher, Muster |
| 2. Silly, Saily | 4. Wild, Yield |
| 3. Plain, Plaid | 9. Wager, Eager |
| 7. Shack, Shock | 8. Tamper, Temper |
| 6. Closet, Closer | |



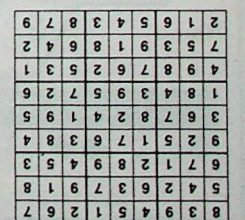
- DDO
♥ TARINE
DYGWE
♥ TRSU
ROSERD
RYW
♥ AGTO
♥ ETWOR
♥ AET
♥ TWERSA
♥ DYERA
♥ ADNW



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHER becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU Answer



Amber Waves

I HAVE DONE IT! I HAVE CREATED MY VERY OWN CULINARY MASTERPIECE.

I'VE COMBINED ALL OF MY FAVORITE INGREDIENTS AND LET IT SIMMER.

MY GUESS IS IT WILL BE EVEN BETTER WHEN REHEATED TOMORROW FOR LUNCH.

MY DAD REALLY NEEDS A NEW HOBBY. I FEEL THIS STUFF IS LOOKING AT ME.

Out on a Limb

UH-OH...

HAVE A SEAT, BILL.

BILL ACCIDENTALLY SHOWS UP FOR AN ALL-HANDS MEETING.

Americanisms

““Nothing will work unless you do.”
— Maya Angelou

Just Like Cats & Dogs

NOTE TO SELF. YOUR PLAN TO WORK IN MOVIES AS AN ACTION STAR MIGHT NEED TO BE SLIGHTLY ADJUSTED.



"When I want your _____,
I'll demand it."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Gloss
ENSHI

Root
RIGONI

Clear
CUDLI

Infect
SNOOPI

TODAY'S WORD

STREAMING SOURCE

Here's what to watch and where to watch it for the week of September 2, 2024

- 2-Sept: "Chestnut vs. Kobayashi: Unfinished Beef" (Live Event) – Netflix

3-Sept: "Call the Midwife" (Season 13) – Netflix

4-Sept: "Slow Horses" (Season 4) – AppleTV+

4-Sept: "Tell Me Lies" (Season 2) – Hulu

5-Sept: "Apollo 13: Survival" (Documentary) – Netflix

5-Sept: "Fight Night: The
- Million Dollar Heist" (Limited Series) – Peacock

5-Sept: "The Perfect Couple" (Limited Series) – Netflix

6-Sept: "The Secret Lives of Mormon Wives" (Docuseries) – Hulu

6-Sept: "Rebel Ridge" (TV-MA) – Netflix

6-Sept: "The Boy and the Heron" (PG-13) – Max

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What to do when your pet won't houstrain

DEAR PAW'S CORNER: I adopted a 9-month-old puppy a few weeks ago and named him "Chestnut." He's wonderful, but has one problem. He is still not houstrain. I think part of it is from the shelter, where the dogs routinely poop in their cages and rarely are taken outside. Plus, he was rescued from a pet hoarding situation. How can I resolve his houstrain issues? – Glenda in Dothan, Alabama

DEAR GLENDA: Congratulations on your new family member! I know the houstrain situation is frustrating, but have patience. If you haven't taken Chestnut to the veterinarian yet for his first checkup, schedule that appointment. The vet will rule out any physical problems or hidden illnesses that might be contributing to the problem, and can give some helpful

advice on working with dogs from a traumatic background. That background does have an effect on houstrain. Chestnut spent formative months in locations where little to no training took place, and he learned to follow the habits of the other dogs around him. So, you'll have to retrain him away from those habits, and keep the entire experience a positive one.

Take Chestnut for walks two to three times per day, and (this is important) at the same times each day. He needs to know that at sunrise, noon and sunset, he will have "outside" time. Bring his favorite treats with you. At first, shower him with treats for everything: putting on the leash, walking next to you, sitting on command, and every time he poops or pees. Make him look forward to pooping outside.

Never scold him if he poops inside. Just clean up and try again. If he poops in specific areas of the house, block his access to those areas if possible. Keep training positive and be patient, patient, patient. He will come around.

Send your tips, comments or questions to ask@pawscorner.com.
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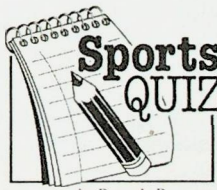
WORD LADDERS

Can you go from SWAMP to PLUMB in 6 words?
Change one letter for each rung in the ladder.

SWAMP

PLUMB

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by Ryan A. Berenz

1. What Pittsburgh Steelers quarterback threw three interceptions in the team's 27-17 loss to the Dallas Cowboys in Super Bowl XXX?

2. Racecar driver Juan Manuel Fangio, who won five Formula 1 World Championships from 1951-57, hailed from what country?

3. What member of the Edmonton Oilers won the 2024 Conn Smythe Trophy for MVP of the playoffs despite being on the losing team in the Stanley Cup Final?
4. Nicknamed "Terror," what South African boxer was the first Black man from that country to hold a world championship belt when he won the WBA flyweight title in 1980?

5. In 1899, Boston dentist Dr. George Grant received a patent for what groundbreaking piece of golf equipment?

6. In what 1998 sports comedy film did star Adam Sandler dispense "high quality H2O" as slow-witted Bobby Boucher?

7. What NFL team played its first two seasons with Hagemeister Park as its home field?

Answers

1. Neil O'Donnell.

2. Argentina.

3. Connor McDavid.

4. Peter Mathebula.

5. The first wooden tee.

6. "The Waterboy."

7. The Green Bay Packers.
- © 2024 King Features Synd., Inc.

WORD LADDER

Answer

SWAMP, PLUMB, PLUMB, PLUMB, PLUMB, PLUMB

SCRAMBLERS

solution

OPINION Today's Word

3. Lucid; 4. Poison; 1. Shine; 2. Origin;

Micro Crossword

By Elizabeth C. Gorski

- Across
- 1 "The Big Chill" actor William

5 Periwinkle, e.g.

7 Boxer's dream

8 Full _____ (at top speed)

9 Lunkhead

1	2	3	4	
5				6
7				
	8			
	9			

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- Down
- 1 FDR's successor

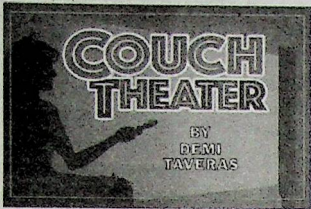
2 Accord

3 Price-to-earnings _____

- 4 "The Big Chill" actress Meg

6 Jared of "Girl, Interrupted"

MORE SUN FUN



"Inside Out 2" (PG) — The sequel to Disney's "Inside Out" (2015) has become the second highest-grossing animated film of all time after bringing in a whopping \$1.597 billion, and it's well deserving of its immense success. The film boasts a star-studded cast, with new additions Maya Hawke ("Stranger Things") and Ayo Edebiri ("The Bear") joining Amy Poehler, Diane Lane, and Kyle MacLachlan, who reprise their roles from the first film. Taking place two years after she first moved to San Francisco, Riley is now officially a teenager and faces a new learning curve in life as she hits puberty. Insert four new emotions for her to deal with: anxiety, envy, embarrassment and ennui — oh, my! To keep their storytelling as authentic as possible, the film's production team even consulted psychologists so that teenage viewers could truly relate to Riley's pestilent pubescent problems. Rent it now! (Apple TV+)

"Twisters" (PG-13) — Almost three decades after Helen Hunt and Bill Paxton's "Twister" hit the big screen back in 1996, a standalone sequel was released and pulled in \$315.3 million in the box office so far. The new cast of tornado chasers is led by Daisy Edgar-Jones ("Normal People"), Anthony Ramos ("Transformers: Rise of the Beasts"), and the always-grinning Glen Powell ("Hit Man"). Their adrenaline-loving, yet brilliant characters take on a myriad of bone-chilling storms throughout rural Oklahoma, facing tornadoes that reach a Category 5 of incredible damage on the EF Scale. While the story's scientific accuracy has been critiqued, the stunning visual effects make it a mesmerizing, nail-biting watch. Out now to rent. (Amazon Prime Video)

Contract Bridge

A CRITICAL DIFFERENCE

West dealer.

North-South vulnerable.

NORTH

♠ K 8 3 2
♥ A Q 9 7
♦ Q 6
♣ K 5 3

WEST

♠ 10 9 6 4
♥ K J 8 5
♦ 7 3
♣ A 9 7

EAST

♠ 5
♥ 10 2
♦ A J 10 9 8 2
♣ J 10 8 6

SOUTH

♠ A Q J 7
♥ 6 4 3
♦ K 5 4
♣ Q 4 2

The bidding:

West	North	East	South
Pass	1♥	3♦	3NT
Opening lead — seven of diamonds.			

In many deals, declarer must make assumptions about the location of certain key cards because if they are located otherwise, there is no hope for the contract.

Today's deal occurred in an IMP Pairs event at a national tournament some years ago. North-South did well to reach three notrump rather than four spades, a contract that had virtually no chance as the cards lay.

"The Fall Guy" (PG-13) — Let's move on to a film that actually underperformed at the box office, even with its two notable stars. This action comedy loosely based on the 1980s TV series of the same name gave us another "Barbenheimer" moment by putting "Barbie's" Ryan Gosling opposite "Oppenheimer's" Emily Blunt. Gosling plays stuntman Colt Seavers, who is tasked by his film's producer to find the missing lead actor, Tom Ryder (Aaron Taylor-Johnson), and stop his ex-girlfriend's (Blunt) film from being ruined. Turning into somewhat of a bounty hunter, Colt starts to track Tom's whereabouts, but the closer Colt gets to finding him, the more Colt realizes that he's been seriously misled as to what's really going on with Tom. Premieres Aug. 30. (Peacock)



Courtesy of MovieStillsDB

Ryan Gosling, left, and Emily Blunt star in "The Fall Guy."

"Simone Biles Rising" (TV-MA) — If you didn't get enough of the talented Simone Biles during the recent Paris Olympics, you should definitely give this two-part documentary series a try. Viewers can follow along as Biles prepares to make her return to the Olympic stage after withdrawing from the 2020 Tokyo Games due to her struggles with mental health. Starting from the point where Biles felt herself coming apart in Tokyo and leading up to moments before she would snag four medals in Paris, the series gives fans an intimate, up-close portrait of the world-renowned gymnast in all aspects of her life — as a daughter, a sister, a teammate, a friend and a wife. Two more episodes of the series are planned to be released later in the fall for a total of four episodes, but you can check out the first two now. (Out now; Netflix)

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

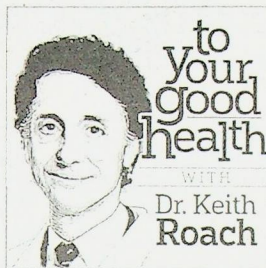
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U X P V M E H F P S H F X B T I J O H U P O

C F J G I F X F S F B M J W F U P E B Z ?

W F S Z W F S Z P M E .



Vomiting and Difficulty Eating Could Signify Gastroparesis

DEAR DR. ROACH: I am a 71-year-old healthy, active woman. I normally work out six days a week and used to be in very good shape. I'm having stomach issues, which caused me to lose 20 pounds since the end of last year. I was thin to begin with and have lost a significant amount of muscle and most of my body fat. I was diagnosed with gastric intestinal metaplasia in 2019 and had trouble eating, but I didn't lose any significant weight at that time. No treatment was recommended beyond a suggested follow-up in a year or two.

I have difficulty eating anything but a small amount of food, and if I do "overeat," I vomit. Eating is beyond a chore, and I continue to lose weight. I have been worked up with no conclusions in sight. I had a colonoscopy two years ago that was normal. I had an abdominal CT scan with and without contrast, an endoscopy, an MR enterography, and a brain scan this year, with no results that explained my problem.

I am seeing another GI doctor soon, but I'm not particularly hopeful. I am 5 feet, 11 inches tall, and now weigh 129 pounds. I am feeling desperate. Do you have any ideas? -- L.W.

ANSWER: IWeight loss can have many different causes, and it seems like your doctors have carefully looked for many of the concerning ones. Key features of your story are that you are vomiting and losing weight.

Intestinal metaplasia is when the lining of the stomach develops a microscopic appearance, similar to the intestines. This can predispose people to stomach cancer, but intestinal metaplasia can also be associated with low acid in the stomach.

Vomiting after eating normal

amounts of food is a concern for a stomach mass, but between the endoscopy and the CT scan, it should have shown up. I would be concerned about gastroparesis, where the stomach doesn't squeeze properly. Vomiting after eating is a hallmark symptom, as is feeling very full after a little food. A gastric emptying study can confirm the diagnosis.

DEAR DR. ROACH: Why would I want to drink an electrolyte sports drink? The electrolytes seem minimal. Are my electrolytes lowered during an hour of exercise? I am a 90-year-old female in good health who goes to the gym with a trainer for strengthening muscles and improving balance. I don't have any health issues. -- R.P.

ANSWER: It's great that you are exercising at 90. This will help you avoid falls, live longer and feel better. Having a trainer is also a great way of making sure that you are performing the exercises safely and correctly.

As far as electrolyte sports drinks are concerned, there is no reason that you need them. You are not likely to lose significant amounts of electrolytes during an hour at the gym. Endurance athletes who exercise for multiple hours outside need to be mindful of electrolyte and fluid replacement, but plain old water is just fine for almost everyone else.

For older adults taking medications (especially diuretics) that might affect the body's electrolyte balance, it's probably worth having a discussion with their doctor about what fluids to use while exercising.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

Very very old

What would George Washington be if he were alive today?

Answer

SENIOR NEWS LINE

by Matilda Charles

The shocking costs of ... everything

I was recently asked to complete an anonymous survey about income. The survey would be used to collect information about how many seniors in our area fall into the low and moderate income ranges. Curious about what those dollar ranges are, I went on an internet hunt for incomes in our area. Color me shocked to discover how low "low income" really is.

I then went on a hunt of other websites to compare and contrast this area with others across the country.

MIT has developed what they're calling the Living Wage Calculator, and it's quite the eye-opener when it comes to what they claim are "livable" wages.

Another site has costs of living for towns and cities across the U.S. Mine is 5% higher than the national average.

I found yet another site that calculates the maximum I should be paying for rent plus utilities based on my income. It's a good thing I own my home and it's paid for, because there is no way I could afford to rent anything in my town. And never mind trying to buy — Best Places calculates the cost of buying a home in my town as being 130% of the national average.

My goodness.

There really are people here in town who are paying those sky-high prices. And it casts a new light on the sheer volume of people who line up at the food bank each week.

I've cut back this past year on donating to the food bank, but I need to start again. It might not be much, but I can help a little. When I buy something on sale at the grocery store, perhaps I can buy two. Or maybe three. Once I accumulate a full bag of canned and dry foods, I'll run it to the food bank.

How about you?

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1. What is the Continental Drift?
2. Which group released "Shout"?
3. Where was "Give Peace a Chance" recorded?
4. Which musician was called Satchmo?
5. Name the song that contains this lyric: "I could stay awake just to hear you breathing. Watch you smile while you are sleeping."

Answers

1. It's a line dance, aka the Sid Shuffle, from the animated movie "Ice Age." See YouTube for instructions on the dance.
2. The Isley Brothers, in 1959. It took until 1999 for the song to be admitted to the Grammy Hall of Fame.
3. In a motel room in Montreal in 1969, during the "Bed-In" staged by John Lennon and Yoko Ono during their honeymoon. Recording equipment, including a four-track recorder, was brought in. The small crowd included one of the Smothers Brothers, Timothy Leary of LSD fame and a rabbi.
4. Trumpeter Louis Armstrong was called Satchel Mouth because of the shape of his mouth from playing trumpet. That was shortened to Satchmo.
5. "I Don't Want to Miss A Thing," by Aerosmith in 1998. The song was featured in the film "Armageddon" and topped charts around the world. Mark Chesnutt followed with a cover the next year.

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by Steve Becker

QHS Students Build New Dock At Squantum YC

Cont'd From Page 3

by teenagers.

Meltzer has served as the youth and adult sailing director for the Squantum Yacht Club for the past three years. The yacht club offers learn-to-sail programs for youth and adults.

"The youth program has been around for years. A lot of people from Quincy will say they learned to sail at Squantum," Meltzer said. "The program for adults started last summer."

The yacht club began offering the adult program last year because it heard from a number of adults, including the parents of some of the children in the youth program, who were interested in learning about sailing.

This year, 36 children signed up for the youth program, which has three different levels based on age and experience. A dozen adults signed up for the learn-to-sail program this summer, including some who had also participated

last year and wished to continue learning, Meltzer said.

"The adults have had a great time," she said. "We had a few who returned this summer to refine their skills."

This summer's adult program began on June 30 and ran through Aug. 11. The class met twice a week, from 6 to 9 p.m. on Wednesdays and from 3 to 6 p.m. on Sundays. The program used J/22 and J/24 sailboats, and participants learned about the different parts of the boat, rigging and de-rigging independently, leaving and returning to a mooring, proper tacking, and how to sail a proper course.

"We stayed within the bay to develop beginner skills," early on, Meltzer said, "and then went across the channel and to different islands as the program continued."

The Squantum Yacht Club was among the local yacht clubs that participated in the Lipton Cup Regatta



OPTIMIST DINGHIES docked at Squantum Yacht Club, awaiting the start of another exciting day at the Lipton Cup regatta held in July. *Photos Courtesy Chris Alan*

in July. A total of 48 youths participated in the regatta this year, including 26 from the Squantum Yacht Club.

"A lot of sailors participated this year," Meltzer said. "Overall it was a very fun experience for the kids."



YOUNG SAILORS compete in close quarters as they navigate the course during the Lipton Cup regatta in July.



A FLEET OF sailboats rests on SYC new floating dock, ready for the Lipton Cup regatta.



BRIGHT SPINNAKERS fill the sky as sailors catch the breeze downwind during the Squantum Yacht Club's Lipton Cup regatta.



YOUNG SAILORS engage in close-quarters racing, skillfully handling their boats during the Squantum Yacht Club's Lipton Cup regatta.



SQUANTUM YACHT CLUB instructor Frank Townsend and sailor Ava Jones move into position for the next race at the Lipton Cup regatta.

TRACK IMPROVEMENTS



An important message about the Red Line Braintree Branch closure September 6-29

from MBTA General Manager & CEO Phil Eng



Phillip Eng, General Manager & CEO

Dear Riders,

We have made significant progress since launching our unprecedented year-long Track Improvement Program last Fall and are committed to our promise of giving all of you the safe, reliable, and robust service you deserve. To accomplish this as quickly and completely as possible on the Red Line, we will need to suspend service between JFK/UMASS and Braintree for 24 days, from **September 6-29**.

During this time, our MBTA crews and contractors will be working around the clock to repair or replace 18 miles of track and perform critical maintenance to the signals system and stations. When this work is complete, we'll have removed more than 20 slow zones and with increased speeds later this year will improve round-trip Braintree Branch travel times by as much as 27 minutes.

All of us at the MBTA understand how this closure at the start of the school year will impact our riders, and we are very sorry for the inconvenience. Completing this work will be the next important step toward making the T what I hope will become the preferred choice of travel for the Greater Boston area.

Thank you for your patience and understanding as we move forward with these vital improvements.

Phil Eng
General Manager & CEO
MBTA

For alternate travel options visit [MBTA.com/RedLine](https://www.mbta.com/RedLine)